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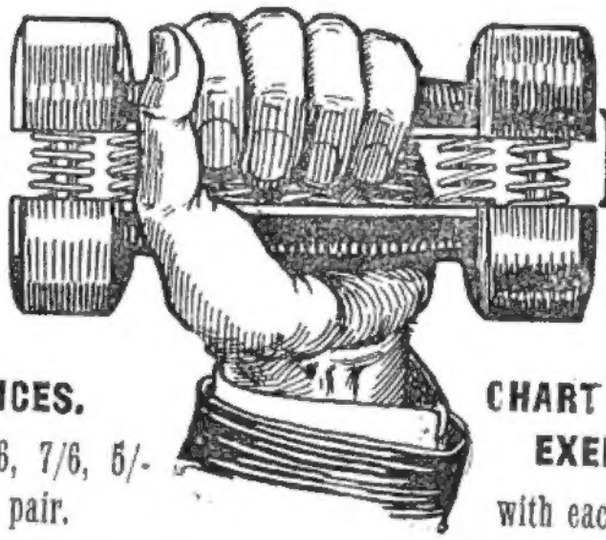

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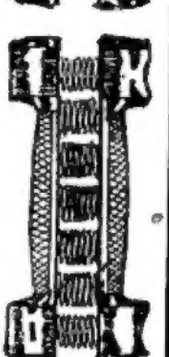

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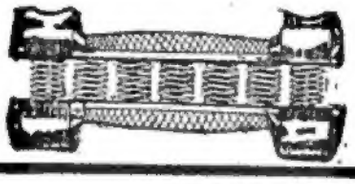

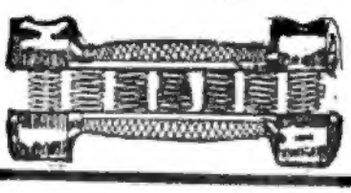

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CONTENTS.

	PAGE.
NOTES FROM MY NOTE-BOOK. By The Editor	705
ENGLISH *v.* AMERICAN RUGBY	707
HOW TO KEEP IN PERFECT HEALTH	712
A DEADLY TRINITY	714
FISHING THAT TESTS THE MUSCLES. By Charles F. W. Mielatz ...	715
IS FATIGUE A DISEASE?	719
IS TIMIDITY A CRIME?	720
PLENTY OF OUTDOOR AIR WILL PREVENT COLDS. By Julian Hawthorne	721
READERS' CLUB	723
ARTICLETTES	726
THE NECESSITY OF PHYSICAL TRAINING	727
MUSCLES AND MEALS	728
HOW POISONS AFFECT THE BODY	729
STRANGE REMEDIES OF CHINESE DOCTORS	730
IN THE ARENA OF SPORT	731
CLUBS AND SOCIETIES	732
EXERCISES FOR LITTLE ARMS AND LEGS	733
PRESENCE OF MIND AND HEALTH	734
ANSWERS TO CORRESPONDENTS	735

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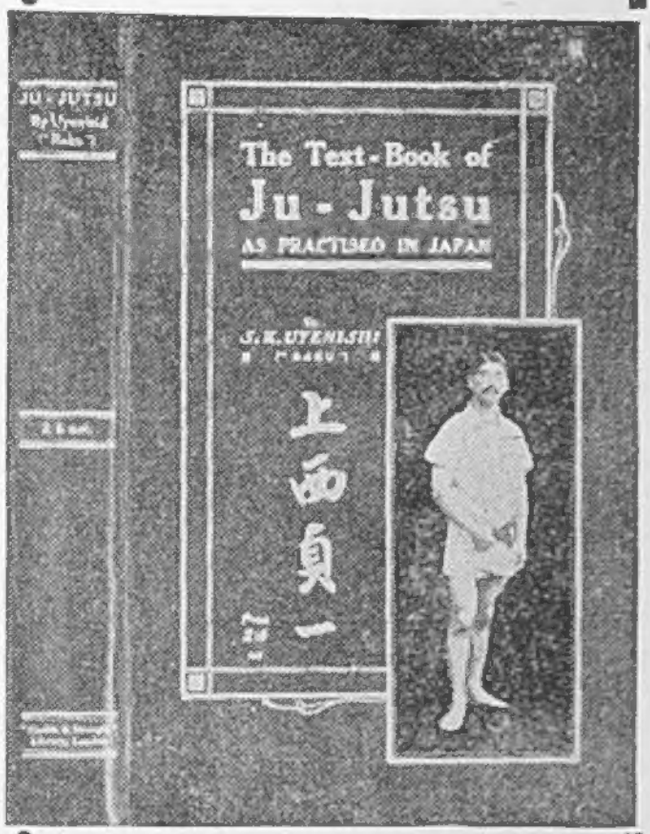

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(Est. 1898). VOL. XVII. DECEMBER 6, 1906.
No. 23.

SANDOW'S MAGAZINE

...OF...

PHYSICAL CULTURE

EDITOR: EUGEN SANDOW.

MOTTO:—*Mens Sana in Corpore Sano*—A SOUND MIND IN A SOUND BODY.

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NOTES FROM MY NOTE-BOOK.

BY THE EDITOR.

My attention has been directed this week by the receipt of a very trenchant letter from the pen of an old reader, to a subject of the greatest national importance. My correspondent is a well known physical culturist, and the writer of many interesting articles to the Press on matters appertaining to hygienic living and general physical training. He is the father of a family, and speaks therefore from personal experience on the subject with which his letter deals, viz., the dangers of compulsory education when not properly safeguarded by proper medical examination and supervision. In other words, it is not so much the system itself that is attacked as the methods of administration.

Referring to the recent case where a child attending one of the London County Council schools nearly lost its eyesight through over-study, he says:

The whole system of modern education suffers from the tyranny of an unimaginative and unsympathetic system. Inspectors and teachers are too often more anxious to score themselves than they are to consider the bodily welfare of the child. In the majority of English schools, too, I have no hesitation in asserting that the children are seriously overworked, a fact which makes mugatory all the efforts of those interested in the physical education of the young. I have recently been compelled to protest to the school authorities in the case of my own boy, a young and healthy lad whose sight has been affected by the strain of long school hours and the subsequent nightly study of home lessons. I am quite certain that the eyesight of many other children is being injured in this way.

I quite agree with my correspondent, and statistics bear me out. But I would go even further than my correspondent in his attack on modern educational methods. An even worse feature than that he refers to is the present method of classifying the younger children according to age instead of according to natural ability. Some children are extremely rapid learners, others learn

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with difficulty, and others again are abnormally slow. To group a number of children so varying in mental power into one class is evidently absurd and unfair all round. The slow child is expected to travel as fast intellectually as its mentally speedier rival, and is often blamed and punished for that which it cannot possibly help. To atone for this natural deficiency, a slow child is encouraged to devote time to its lessons that should be given to recreation, so that the teacher may have a high percentage of passes at the examination. The children should be watched closely, and classified according to their natural mental ability, instead of being made the innocent victims of an absurd system of scholastic socialism.

THE more one reads of these cases the more one is impressed with the necessity of the medical examination, registration and supervision of all school children. The average teacher of to-day is, under the present educational system, less careful of a child's health than of his or her own personal success. It is difficult to blame the teachers, for by their results are they judged. In the examination an inspector pays no attention whatever to the bodily condition of a pupil provided it is mentally able to grapple with the problems of the examination paper. I contend that in all examinations the bodily health of the child should be the very first object of interest, and if marks were allotted for physical as well as mental well being, teachers would pay more importance to the health of the little ones in their charge. After all, we want a race of sound men and women with normal brains rather than a race of geniuses physically bankrupt and mentally abnormal.

BY the way, I have just been reading a report on the physical condition of the children of a "slum" school, and the figures reveal in an appalling manner the terrible prevalence of the drink habit among the working classes. Out of 781 families visited, the number of strictly teetotal families was only eighteen. "Sober" families, that is those where the parents did not lose work on account of drunkenness, were estimated at 275, while the number of "drunken" and suspected families was 488. Thus sixty-two per cent. of the parents of the children were either drunken, or at least reasonably suspected of drunken habits. Truly, a lamentable record.

The Editor in Mufti.

AGAIN, of 449 families assisted by charitable organisations, the following figures were compiled: Both parents were drunken in 114 cases; father only drank in 114 cases; mother only drank in 29 cases; widows drank in 25 cases; drink was suspected in 25 cases. In 92 cases, both parents were sober and well; in 13 cases both parents were sober with the father ill; in 7 cases the people were under suspicion in other ways. So that it will be seen that of those who received charity drink was the responsible cause in no less than 336 cases. In other words, the money went to swell the publicans' receipts.

EVERYWHERE one looks similar damning evidence against alcohol can be adduced. Mr. Plowden, the well known London magistrate, declares that it is responsible for nearly all crime. Dr. Branthwaite, the medical inspector of licensed inebriates' retreats, in a report just issued tells a story that is more like a creation of the pen of Edgar Allan Poe than an official Blue Book return. Next week, I hope to refer more fully to the remarkable report, as Dr. Branthwaite particularly points out the value of physical training and hygienic living as a remedial agent in inebriety.

EUGEN SANDOW.

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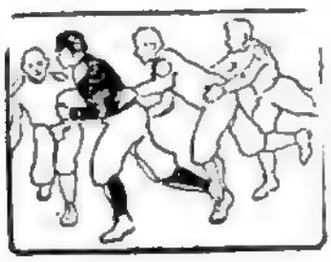
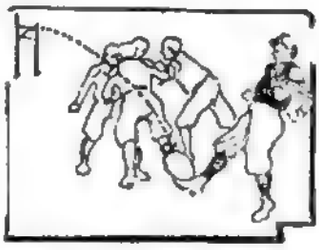
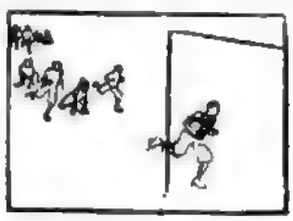
ENGLISH *v.* AMERICAN RUGBY.



[The following article is from the pen of the well known American football player, John Corbin, and appeared originally in the breezy columns of the leading outdoor American paper, "Outing." —THE EDITOR.]



THE many striking differences between English and American Rugby arise out of the American features known as "possession of the ball" and "interference." In the early days of the American game many of the most sacred English traditions were unknown, and the wording of the English rules proved in practice so far from explicit that it was not possible to discover, much less to enforce them. One of these traditions favoured a certain comparative mildness of demeanour. The American players, on the contrary, favoured a campaign of personal assault for which the general rules of the English scrummage lent marked facilities. It soon became necessary in America to line the men up in loose order facing each other, and to forbid violent personal contact until the actual running with the ball should begin. This clearly made it necessary that the sides should in turn put the ball in play, and consequently should be given possession of it. Under this arrangement, each side is in turn organised on the offensive and the defensive: and the result is an elaborate and almost military organisation. The upshot of all this was that the forwards, who in the parent English game have only an incidental connection with the running of the backs, become a part of each successive play, opening up the way for the progress of the ball. According to the English code, this made our forwards off-side, so that the rule had to be changed to fit the new practice. It then appeared that if the forwards could play ahead of the ball, the backs could too; and here you have the second great American feature, interference.



I know no better way of illustrating further the difference between the two games than by relating the experiences and sensations of an American who undertakes to play English Rugby; and as my only knowledge of this sort is the result of personal experience I fear I shall have to be allowed a liberal indulgence in the perpendicular pronoun.

During a college "wine" that ended the season of "tubbing" on the river the captain of the Balliol fifteen threw his arms about me, and asked me to play on the team. He had not a single three-quarter, he said, who could get out of his own way running. The proposition was startling enough, for I am no footballer; so I pleaded an attack of rheumatism and ignorance of the game. He said they didn't matter. "And I'm half blind," I added. "So am I," he interrupted, "but we'll both be all right in the morning." I said I referred to the fact that I was very near sighted; but he took all excuses as a sign of resentment because he had failed to invite me to breakfast in my Freshman term: he appeared to think it his duty to breakfast all possible candidates. Such are the courtesies of an English captain, and such are the informalities of English training.

The next morning the captain wrote me that there was a match on against Merton in the afternoon and asked me to come out quarter of an hour before the rest for a little coaching. A quarter of an hour to learn to play football! In spite of the captain's predictions of the night before, I was not so sure that he was yet "all right;" so I went out to the porter's lodge and scanned the bulletin board. My name

stared me in the face. I had scarcely time to take luncheon and don a pair of football pants.

The practice my coach gave me consisted in running the length of the field three or four times, passing the ball back and forth as we went. His instructions with regard to the game were equally simple. To keep in proper position I had only to watch my Merton *vis-a-vis* and take a place symmetrical with his. When the enemy heeled the ball out of the scrummage (scrimmage), shortened to "scrum," to their three-quarter back, putting us for the moment on the defensive, I was to watch my man, and, if the ball was passed to him, to tackle him. If he passed it before I could tackle him I was still to follow him, leaving the man who took the ball to be watched by my neighbour, in order that I might be on hand if my man received it again. An America back when his side is on the defensive is expected to keep his eye on his *vis-a-vis*; but his main duty is to follow the ball. An English back under similar circumstances is expected only to follow his man. If our side happened to heel out the ball from the scrum and one of our three-quarters began to run with it, we were on the offensive, and the other three-quarters and I were to follow at his heels, so that when he was about to be tackled—"collared," the English say—we might dodge our opposites so that he could pass it on to us. There is, of course, no such thing as combined interference among the backs. A player who gets between the man with the ball and the enemy's goal is rankly off-side. It is not to be understood that the captain coached all this information into me. I had to buttonhole him and pump it out word by word. Coaching of any sort is all but unknown on English football-fields. All there is of the game is learned at school—or in the nursery!

When the opposing teams scattered over the field for the kick-off I noticed with satisfaction that there was not a spectator on the grounds to embarrass me. It is so in almost all English college games—the fellows are more than likely to have sports of their own; and "anyway, what is the use of hanging round the fields where other fellows are having all the fun?"

On the kick-off, luckily, the ball did not come to my corner of the field, for I could scarcely have seen it, much less caught it. Our side returned the kick and the scrum formed. Our nine forwards gathered compactly in a semi-ellipse, bent their bodies together in a horizontal plane, with their heads carefully tucked beneath the mass, and leaned against the opposing mass of forwards, who were similarly placed. When the two scrums were thoroughly compacted, the umpire tossed the ball on the ground between the opposing sets of legs, whereupon both sides began to struggle.

The scrum in action looks like a huge tortoise with a score of legs at each end, which by some unaccountable freak of Nature are struggling to walk in opposite directions. The sight was certainly awe inspiring, and it was days before I realised that it indicated no abstrusely working tactics; there is little, if anything, in it beyond the obvious grunting and shoving.

The backs faced each other in pairs on that side of the scrum which afforded the broader field for running. The legs in the Balliol scrum pushed harder, and the bodies squirmed to more advantage, for our men had presently got the ball among their feet. They failed to hold it there, however, and it popped out into a half-back's hands. He passed it quickly to one of my companions at three-quarter, who dodged his man and ran towards the corner of the field. I followed, and just as the full back

collared him he passed the ball to me. Before I had taken three rheumatic strides I had two men hanging at my back; but when they brought me down the ball was just beyond the line. The audience arose as one man—to wit, the referee, a Balliol friend, who had been squatting on the side-lines—and shouted, "Played. Well played!" I had achieved universal fame. During the rest of the game the Balliol scrum, which was a very respectable affair of its kind, kept the ball to itself, while we backs cooled our heels.

A few days later, in a game against Jesus, the scrums were more evenly matched, and the ball was heeled out oftener. I soon found that my eyes were not sharp enough to follow quick passing; and when, just before half-time, a punt came in my direction, I was horrified to see it multiply until it looked like a flock of balloons. As luck had it, I singled out the wrong balloon to catch. Jesus fell on the ball just as it bounced over the goal-line. In the second half the captain put one of the forwards in my place, and put me in the scrum.

The play here was more lively, though scarcely more complex or difficult. Each forward stuck his head beneath the shoulders of the two men in front of him, grasped their waists, and then heaved until, when the ball popped out of the scrum, the word came to dissolve. There were absolutely no regular positions; the man who was in the front centre of one scrummage might be in the outskirts of the next. In some teams, I found by inquiry, a definite order is agreed on, but this is regarded as of doubtful advantage. Tactics and strategy, as we understand the words, are scarcely thought of, for they mainly depend on the possession of the ball and interference.

When the umpire or half-back tosses the ball into the middle of the scrummage there are, at an ultimate analysis, four things that can happen. First, the two sides may struggle back and forth, carrying the ball on the ground at their feet; this is called a "pack." Second, the stronger side may cleave the weaker, and run down the field, dribbling the ball yard by yard as they go until either side picks it up for a run, or else drops on it and cries "down." Third, one side may be able to "screw the scrum," a manœuvre which almost rises to the altitude of a play. The captain shouts "Right!" or perhaps "Left!" and then his forwards push diagonally, instead of directly, against their opponents. The result is very like what we used to call in America a revolving wedge, except that, since the ball is carried on the ground, the play eventuates, when successful, in a scattering rush of forwards down the field, dribbling the ball at their feet, just as when the scrum has been cloven. The fourth possibility is that the side that gets the ball amongst its eighteen legs allows it to ooze out behind, or if its backs are worthy of confidence, purposely heels it out. Thereupon results the play I have already described; a half-back pounces upon it and passes it deftly to the three-quarters, who run with it down the field, if necessary passing it back and forth. In plays which involve passing or dribbling, English teams sometimes reach a very high degree of skill; few sights on the football field are more inspiring than to see a "combination" of players rush in open formation among their opponents, shifting the ball from one to another with such rapidity and accuracy as to elude all attempts to arrest it. As a whole, the game of the forwards is much more fun than that of the backs, though decidedly less attractive in the eyes of the spectators—a consideration of slight importance on an English field.

Just as I began to get warmed to my new work I smashed my nose against the

head of a Balliol man who was dodging back into the push. The captain told me that I need not finish the game, but as it is against the English rules ever to substitute players, and we were still far from sure of winning, I kept to my grunting and shoving. At the end of the game the captain very politely "gave me the hoof." This was just what I expected and deserved; but I was surprised to find that the fellows had objected to my playing the game through with a bloody nose. They would have preferred not to be bled upon.

This regard for pleasantness and convenience, which to an American is odd enough, is characteristic even of 'varsity football. The slenderness of the preliminary training of a 'varsity fifteen is incredible to any American who has not witnessed it. To sift the candidates there is a Freshman match and a Senior match, with perhaps one or two "squashes"—that is to say, informal games—besides. And even these tests are largely a matter of form. Men are selected chiefly on their public school reputations, and in consequence of good work in a college fifteen. The process of manufacturing players, so familiar to us, is unknown. There is no coaching of any kind, as we understand the word. When a man has learned the game at his public school or in his college, he has learned it for all time, though he will, of course, improve by playing for the university. The need of practice is greatly lessened by the fact that the soft English winter allows as long a season of play as is desired. The team plays a game or two a week against the great club teams of England—Blackheath, Richmond, London Scottish, Cardiff, Newport, and Huddersfield—with perhaps a bit of informal kicking and punting between times. When the weather is too bad it lays off entirely.

All this does not conduce to the strenuousness of spirit Americans throw into their sports. In an inter-'varsity match I saw the Oxford team, which was fifty per cent. better, allow itself to be shoved all over the field, and kept the game a tie only by the rarest good fortune. It transpired later that the gaieties of Brighton, whither the team had gone to put the finishing touches on its training, had been too much for it. In an American university such laxity would be thought the lowest depth of unmanliness; but I could not see that anyone at Oxford really resented it—at most it was a subject for mild sarcasm. "You can't expect a team to be in the push everywhere!" This lack of thorough preparation is even more characteristic of the international teams—England, Ireland, Scotland and Wales—that yearly play for the championship of Great Britain. They are chosen from the most brilliant players in the leading clubs, and local jealousy makes the task of choosing most delicate. The temptation is to take a man or two impartially from each of the great fifteens, instead of choosing the best men, or the men most likely to play well together. As the international teams take little or no practice as a whole, the tendency in the great games is to neglect the finer arts of dribbling and passing in combination—for excellence in which the players were severally chosen—and to revert to the primitive grunting and shoving. In the great games, accordingly, the team which is man for man inferior as regards the fine points may prevail by sheer strength, so that the result is liable to be most unsatisfactory. Some years ago, owing to local club jealousy, the Welsh international was chosen mainly from a single club, with the result that it won the championship, and in 1901, the canny Scotch team won by intentionally selecting its members, in spite of local jealousy, on the score of their familiarity with one another's play.

As might be expected from this lack of keenness, the very rules of the game are calculated to moderate the struggle. As a result of the rule against substituting, to which I have referred, any extreme of hard play in the practice games, such as lays off dozens of good American players yearly, is not likely to be encouraged. Good men do "crock" as they call it; but where an injury is practically certain to disqualify a man from the inter-'varsity match, the football limp and the football patch can scarcely be regarded as the final grace of athletic manhood. Wilful brutality is all but unknown; the seriousness of being disqualified abets the normal English inclination to play the

game like a person of sense and good feeling. The physical effect of the sport is to make men erect, lithe and sound. And the effect of the nervous system is similar. The worried drawn features of the American player on the eve of a great contest are unknown. An Englishman could not understand how it has happened that American players have been given sulphonal during the last nights of training. English Rugby is first of all a sport, an exercise that brings manly powers into play.

That our American game is past hoping for on the score of playability is by no means certain. The historical critics of literature are fond of saying, that a period of rapid development is always marked by flagrant excesses, and the development of modern American football has been of astonishing rapidity. Quite often the game of one season has been radically different from the games of all preceding seasons. This cannot continue always for the number of possible variations is obviously limited; and when the limit is reached American Rugby will be like English Rugby, the same old game year in and year out. Everybody, from the youngest prep. to the oldest grad., will know it and love it.

The two of the features in which our football differs from the English, "possession of the ball" and "interference," are both the occasion of considerable vigorous handling of one's opponents. When an American player is tackled, he seldom dares to pass the ball for fear of losing possession of it, so that our rule is to tackle low and hard, in order to stop the ball sharp, and if possible jar it out of the runner's grasp. In England it is still fair play to grab a man by the ankle. This is partly because of the softness of the moist, thick English turf, but more largely because, as passing is the rule, the tackler in nine cases out of ten aims at the ball. The result is that a man is seldom slammed to the earth as he would be in our game. It is this fact that enables the English player to go bare-kneed.

The danger from interference in the American game is also considerable. When a man is blocked off he is liable to be thrown violently upon the far-from-tender bosom of our November Mother-earth. Any one familiar with the practice of an American eleven will remember the constant cry of the coaches, "Knock your man on the ground! Put him out of the play!" It has been truly enough said that the American game has exaggerated the most dangerous features of the two English games—the tackling of English Rugby and the "charging" or body-checking of the Association game.

Yet this is only a partial statement of the case. These elements of possession of the ball and interference have raised our game incalculably above the English game as a martial contest. Whereas English Rugby has as yet advanced very little beyond its first principles of grunting and shoving, the American game has always been supreme as a school and a test of courage; and it has always tended, albeit with some excesses, towards an incomparably high degree of skill and strategy. Since American football is still in a state of transition, it is only fair to judge the two games by the form to which they are separately tending. The Englishman has on the whole subordinated the elements of skill in combination to the pleasantness of the sport, while the American has somewhat sacrificed the playability of the game to his insatiate struggle for success, and his inexhaustible ingenuity in achieving it. More than any other sport, Rugby football indicates the divergent lines along which the two nations are developing. By preferring either game a man expresses his preference for one side of the Atlantic over the other.

BLACK EYES.

BLACK eyes are often a source of much concern to the doctor and his patients. It is frequently necessary to heal them quickly and to disguise them while undergoing the process. Temporary discolorations of the skin may be disguised by the application of grease paint or collodion, coloured by means of a little carmine. As a lotion the following is recommended: Ammonium chloride 1, alcohol 1, water 10. Dilute acetic acid may be substituted for half the water and the alcohol may be substituted by tincture of arnica with advantage in some cases. Another good lotion is: Potassium nitrate 1.00, ammonium chloride 2.00, aromatic vinegar 16.00, aqua ad. 240.00.—*Lancet Clinic.*

HOW TO KEEP IN PERFECT HEALTH.

Not difficult if you steer clear of Bad Habits and take care of your Body.

CONSIDERING the trouble we all take about getting well when we are ill, it is extraordinary that some of us take so little pains to keep well.

The latest theory of science is opposed to a common belief that some people are born well and others born ill. The babe in the hut and the babe in the palace each arrives in the world with a certain capital stock on which he or she may draw. Whether we accept this or deny it, the probability is that most of us could keep well after childhood if only we knew how. We play with our health as a boy plays at marbles. We take risks, we do foolish things, we leave undone things which we plainly ought to do. Everybody has seen, for instance, the frail tenure of life held by an invalid who is always looking out and protecting herself from peril; such an invalid often outlives care-takers who are strong and neighbours who are overflowing with robust vitality. We have seen, too, a man of active temperament, brisk and impulsive and full of business, have marked him as one who has long life before him, and have presently been horrified when he falls exhausted by the way. He did not know how to keep well.

The art of keeping well is worth studying. Its principles are very simple. Nothing particularly occult or particularly puzzling belongs to it. They who wish to keep well must beware not of draughts, not of fresh air, not of sunshine or rain, but primarily must avoid too great fatigue. The normal human being who is in good health is able to endure a certain amount of strain and to carry a certain amount of weight.

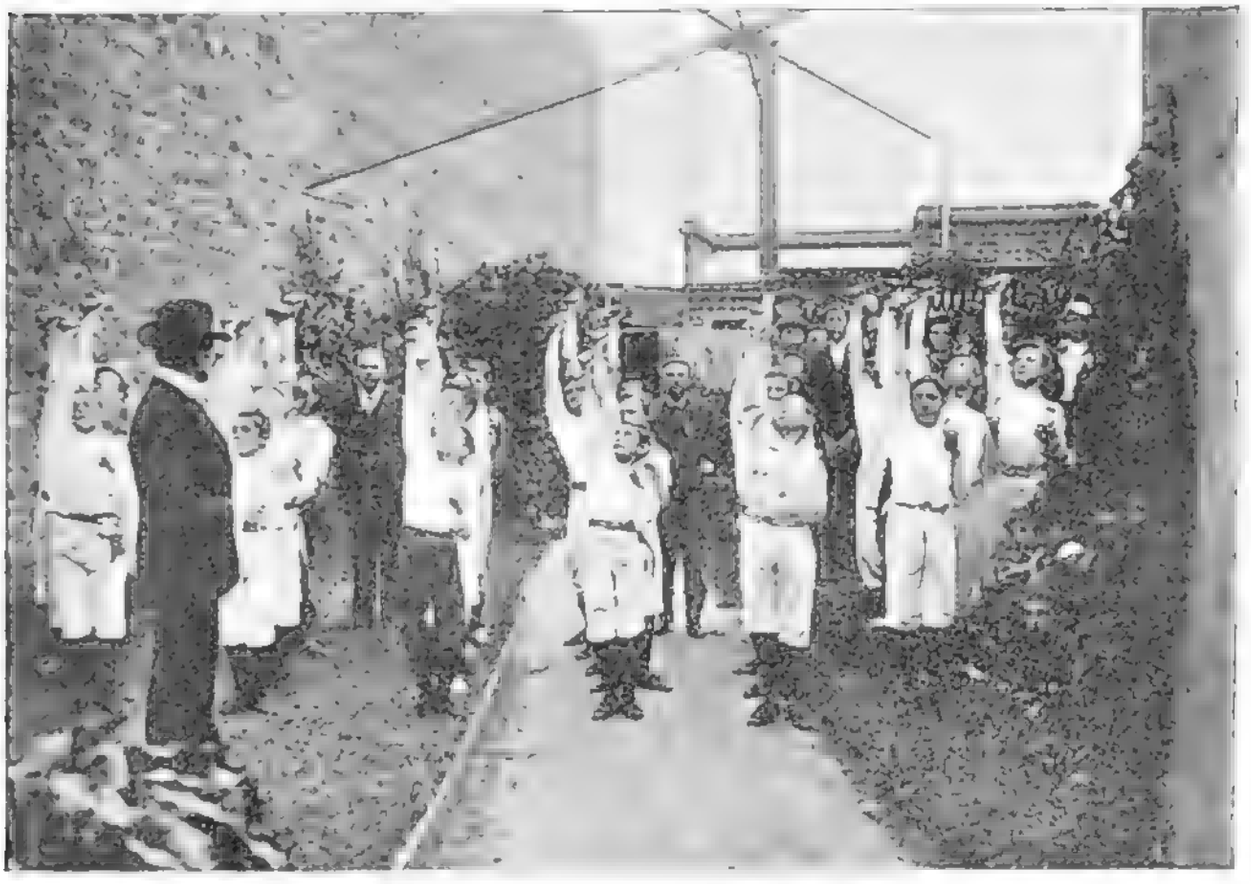
It is not doing the day's work that tells upon health and brings it to the breaking point; it is doing the bit too much that in the end causes weariness of mind and body and makes a person what is called run down. To be run down in nerves or in strength is perilous. If you want to keep well, don't drift into the habit of being always tired. The tired man and the tired woman are an easy prey to the malevolent germs that are for ever flying about the world, seeking whom they may devour. When these germs find lodging in the tissues of a perfectly healthy person, they are often rendered innocuous by the energy with which the good germs fight them. In a tired person the good germs are in abeyance, and cannot make a stand-up fight.

"I took cold when I was tired," is a common expression and describes a common experience. Don't get tired and you won't take cold.

Another prescription for keeping well is: Eliminate worry. Worried people are very seldom well people. Worry frets mind and body as moth frets the fabric of a beautiful garment. Worry corrodes the soul as rust corrodes metal. From all sides comes the protest, "It is easy enough to say don't worry, but how is one to help it, if he be of a worrying disposition or if things are contrary?"

Days dawn with frowning faces, and through all their course they seem to bring nothing but disaster, disappointment, and defeat. Nothing goes right from morning till night. The letter you expected does not come, the bargain you hoped for falls to pieces, and the money you counted on is delayed. You thought the children were safe in school or at their play, and one of them sickens with scarlet fever and another with whooping cough and another falls from a tree and breaks a collar bone. Your partner in business is grumpy, your best stenographer announces her engagement, and the clerk you depended on goes to another house, while the one who was inefficient and incapable stays on your hands. You don't want to dismiss him because you have a soft-hearted feeling that if he is out of work his wife and children will suffer. So it goes. At the

best of times there is occasion for a lot of worry in this world unless we make up our mind firmly that worry is both weak and wicked, and that we will not walk this road carrying it as a pilgrim pack to crush our strength and bow our shoulders. Take the road cheerfully, friend. Philosophy and faith and religion combine to bid you cease useless worry. Anxiety you must sometimes have, but worry over the day's work you may



THE EDITOR PERSONALLY INSTRUCTING A CLASS OF BOYS IN GRIP DUMB-BELL EXERCISES.

eliminate, if you have courage and will, and if you remember that

> God's in His heaven,
> All's right with the world.

In the art of keeping well, the art of keeping an easy mind takes high place.

Avoid drugs. Avoid stimulants. Avoid crutches. The habit of resorting to a pick-me-up of some sort when one feels the faintness of exhaustion is fatal. Drugs should never be taken except by order of physicians who have reasons for prescribing them. Whether they excite or depress the heart, whether they give a transient sense of increased power or a transient desire to sleep, they are not for you and me to meddle with. Especially unwise if you wish to keep well is the yielding to temptation in the matter of bitters, cordials or other liquors and syrups having an alcoholic basis. Tea and coffee are the only stimulants in ordinary use that may be taken with safety, and it is an open question whether or not nine-tenths of us would not be much better if we used them sparingly. The effect on the nervous system of too much indulgence in either tea or coffee is marked. Nobody can be called well who acknowledges slavery to any article of food or drink. We should rule our diet, not let it rule us.

In order to keep well, we must eat regularly. Three meals a day is a good rule for some; others may need four or five, and others may do better and be more comfortable if they limit themselves to two. A good deal depends on one's tendency to leanness or to flesh, and a good deal also depends on the work one has to do. They who lead sedentary

lives require less food than their friends who are much in the open air, and who are taking a great deal of exercise. In the period of growth young people need to be well fed; the old and those who are no longer in the thick of active life should not eat quite so often and should eat more sparingly than the young.

Dyspepsia is due to eating too much or eating when one is over-tired, so that the brain cannot supply enough nervous fluid to aid digestion. For our national tendency to dyspepsia there is not the slightest excuse. It is always a blunder and often a crime. Violation of God's laws, written so plainly that we may read them without spectacles, is at the bottom of the anguish and irritation of dyspepsia.

If you would keep well, do not forget that the wasted tissues of the body are repaired by sleep. Plenty of sleep in well ventilated rooms, with a good conscience, will do much to make you well if you are ill, and to keep you well in ordinary circumstances. "Tired Nature's sweet restorer, balmy sleep." "Sleep that knits up the ravelled sleeve of care is the handmaid to perfect health."

A DEADLY TRINITY.

WHY do so many of our most promising men die immaturely from apoplexy, heart failure, or Bright's disease? These three common disorders are closely related, and have common causes.

Our high tension life—with its prolonged nervous strain, increased mental activity, with a corresponding decrease of physical activity, which means earning bread by the sweat of the brain instead of by the sweat of the brow—together with prevailing dietetic errors, produces a gradual contraction of the smaller blood vessels. As a consequence, the heart pounds away, trying to force the necessary amount of blood through these contracted blood vessels. This raises the blood pressure, and so the heart increases in size in order to stand the strain. As the unnatural care, worry, emotion, and high living continue, the contraction of the blood vessels and the blood tension increases. The heart thumps harder at its ever increasing load, and lo! on an ill fated day the pressure becomes too great for some weakened artery in the brain, and it bursts; this means a stroke of apoplexy, with paralysis of one side of the body, or perhaps almost instant death.

But if the blood vessels are sounder than the heart, then some day when such a man forgets himself and runs to catch a tram, or makes some other unusual exertion, putting an extra strain on the heart, its weakened walls suddenly stretch, and instead of the strong beats which before could be felt against the chest wall there is now only a flutter, the lips are blue, the man gasps for breath, and more than likely his days will soon be numbered.

Then, again, the strength of the heart may be as great as the demands that are made upon it, but as the pressure increases the already weakened kidneys begin to allow the albumen of the blood to pass through, and the doctor pronounces the ominous verdict, "Bright's disease." In either case the man is dangerously near the "scrap-heap" stage.

Proper treatment may even at this stage accomplish wonders in such a case, but it is only a tithe of what might have been done a few years before, when there were no signs of the present trouble except a suspicious rise of blood pressure.

Formerly this important fact was difficult to determine, but, thanks to modern inventive genius, an instrument has been perfected by which the blood pressure can be determined as accurately as can the temperature of the body. An average normal has been agreed upon for men, women and children, and any excess of this should be regarded as a red lantern signal, warning the individual that apoplexy, Bright's disease, or heart failure are the next stops a little further down the road, unless he turns off on to a safer road.—*The Family Doctor.*

FISHING THAT TESTS THE MUSCLES.

Tarpon Fishing Wants Muscles of Steel.

By CHARLES F. W. MIELATZ.

THE man who has caught trout, black bass, or salmon, and has added to this the delight of shore fishing for tautog, bluefish, or striped bass, has many pleasant and exciting contests to remember; but if he should once get fast to a tarpon, all his other fishing experiences—desperate as some of them may have seemed—will be eclipsed in a moment. The keen pleasure he took in recounting them will be gone. He will only remember that it was the tarpon which gave him the "battle royal."

To the trout fisherman wading down the brook, or drifting down the river with dainty tackle and beautiful flies; to the man who skirts the lily pads on quiet lake or broadening river with hellgrammite or phantom minnow; to him who haunts the rapid, and lures the royal salmon to attack some gaudy combination of colour; to him who hies him to the shore to tempt the succulent tautog with crab, or chums for the voracious bluefish, or casts his bait into the swirl of dashing breakers to entice the striped bass—to each of these his first encounter with the Silver King will seem as though he had hooked one of those saucy little towboats which busy themselves towing leviathans about New York Harbour.

Those true fishermen who have killed only small fish, especially those who have confined their labours to fresh water, will regard tarpon tackle as altogether too heavy for any kind of fishing. They will look at it, handle it, and then tell you that they believe in giving the fish a fair chance for his life—that they do not care for just the killing.

It would be interesting to have the opinion of that gentle angler, Izaak Walton, on the subject of tarpon fishing. But it would be more interesting to sit by and enjoy the tussle, to see the look of astonishment that would spread over his benign countenance when he beheld a piscatorial beauty two yards long break water at the end of his tackle. It would surely interrupt his train of contemplation. For he who hies him after tarpon has no use for shady nooks, wherein to sit down with favourite author and enjoy himself till fortune smiles on him in an attack upon his lure. The tarpon fisherman must be up and doing.

Time and tide wait for no man, but the tarpon fisherman waits anxiously for the tide. The beginning of the flood is the best time, although the change to the ebb has also afforded good fishing. But the fact is that mullet, the staple article of food for the tarpon, are frequently possessed with a desire to come to inner waters in face of the ebb. This puts an end to fishing for the time being. For, when the mullet do appear, the tarpon are at once seized with a desire to kill all in sight. It is an interesting and even exciting spectacle to see a tarpon make preparations for a meal. It is not the kind of sport the fisherman is after, to be sure, but when the tarpon get started on a course of slaughter, it is not a bit of use to fish—better sit by and watch the performance. Tarpon do not make a first attack upon their food with their mouths. They have no teeth, except a roughening on the edges of the lips sharp enough to cut the best line instantly, if it comes in contact with them. They secure their food by striking with their tails, and then turning about to pick up the fish stunned by the blow. When a school of tarpon comes up with a school of mullet, the big fish are so eager to get at their prey that the second rank will often leap clear over the advance line into the thick of the company of mullet, laying about them right and left with their tails, and lashing the water into foam flecked with the blood of the small fry. The mullet, on his side, has been equipped with means of escape, for he

is able to make jumps that are remarkable for fish weighing, as he does, from two to three pounds. They spit through the air for fully twenty feet. A curious thing about this great jump is that the mullet makes a series of three leaps before stopping. The moment the mullet perceive the second line of tarpon coming over the first, they jump, with an indescribable result.

The most remarkable exhibition of this that it ever was my fortune to witness took place in Biscayne Bay, near Miami. The school of mullet was fully an acre in extent. They went into the air in a mass, followed closely by the tarpon. It was a wonderful sight, and meant a frightful mortality to the mullet, for the tarpon must have killed thousands of them.

Some tarpon enthusiasts fish three tides a day. I have known them to go out as late as ten o'clock at night, if it happened to be moonlight and the tide came right. And curiously enough the fish did strike, though very few were killed. The exhibition given by the fish in the phosphorescent water made the experience well worth while.

There is one feature in tarpon fishing that the fisherman has reason to be grateful for. He does not have to sit about and wonder if there are any fish in the water. If weather and tidal conditions are right for fishing, there are always plenty of signs in evidence. The tarpon, like the porpoise, comes to the surface to blow. As the time for the change in the tide approaches, they may be seen in schools and pairs, showing their silvery sides on the crest of a wave for a moment, and then gracefully disappearing.

Some fishermen—the veterans, sometimes, but the new men always—are possessed with a wild desire to hook one when they see this preliminary performance. They may be seen frantically urging their boatman first this way and then that, in the hope of cutting off a school in time to drag their bait before them, or to cast it among them. It is usually a vain effort, however, as the fish seldom begin to feed until the tide actually does turn. As a result of this unseemly haste, it is not unusual to see an impatient fisherman hooked to a jewfish (Warsaw), a follower of the tarpon, just at the time when the fish begin to feed and the propitious moment has arrived. I have seen the agony on his face while he tugged away at his jewfish, when the water all about was alive with tarpon, and a bait could not touch its surface before a fish would be there to take it. In fact, I have had experience myself, and know the feeling. Now it would seem that a jewfish, weighing from one hundred to three hundred pounds, might furnish fairly good sport in itself. But it is not tarpon, and there is nothing more to say.

Another thing you will observe about the true fisherman is that there are conditions under which his tackle counts for nothing. There are others under which he would rather do anything than give it up.

The tarpon fisherman, hooked to a jewfish at a critical time, no matter what his feelings may be in regard to the desire for tarpon, is bound to land that jewfish, and he does. It never once enters his mind that he could cut loose, re-rig, and go after the tarpon. On the other hand, a great deal of tarpon tackle, especially that for still-fishing, is so arranged that if a shark takes the bait he will cut loose the moment he closes his jaws. This will not worry the fisherman in the least. He simply puts on another snell, thanks his stars that he does not have to fight the shark, and goes on with his fishing.

But let me get back to the turn of the tide, and consider that the fisherman is not impatient, that he has made up his mind to do as his guide tells him, which is to reserve his ammunition until the proper time. The guide will row him out to the fishing grounds, where he will see the tarpon rolling about on the undulating surface as though they had not a care in the world. They will come up and blow within arm's length. This was to me perfectly exasperating before I learned the habits of the fish.

But see! there goes one swiftly, giving the surface of the water a sharp slap as he disappears. The tide has turned. Now, if you observe, you will see the fish are moving more quickly in all directions. Here and there one comes clear out of the water. They are feeding,

and now is the time to try your luck. You look at your bait, a silvery leather fish, to see that it is properly fixed to the hook, and cast it, say, forty feet or so astern of the boat, and in a moment you have an embarrassment of riches. Two or three, aye, even half a dozen, tarpon rush at your bait. You are so fascinated by their action that you forget to strike until too late. None will be hooked, but your bait does not come back to you; you try again. This time a fish gets the bait. You feel his tremendous blow, and set every muscle to hook him. Probably you do. But your leather fish, hooked through the eyes, has left these useful members on the hook, and shunted his body up the line. In a moment there is another strike, but as your unprotected line comes in contact with the tarpon's sharp, rough lips it parts, and away go hook and snell and fish. The programme of the tarpon fisherman is many strikes, a few hooked, and fewer killed. This is his sport, and he keeps straight on with it. No sooner does your bait strike the water again than you feel a sharp rap. On the instant, you cannot quite make up your mind whether to strike or not. But the next moment a fish breaks water and goes down immediately over your bait. He has seen it, and it looked so much alive to him that he hit it with his tail, and then simply turned around to pick it up. You are prepared for what is coming, so you brace yourself for the shock.

You feel you have hooked the fish. He goes straight to the bottom, and though you are putting all the pressure you have on your thumb-brake, you cannot stop him. He goes fully seventy-five yards before he shows himself, and when you do get sight of him you see his back as he shoots out of the water in a tremendous leap, which takes nearly ten yards more of your line. He is going straight away from you, as you sit there pressing every ounce you have in you on the brake, in the hope of stopping him. He is a hundred and fifty yards away before you see him again. You try your best to hold him. The spool on your real is much reduced by the outgo of line. Every bone and muscle in your arms and hands is aching from the pressure. Your guide in the meantime is backing water toward the fish with all his might. It is no use, however, you cannot do it. He comes out of the water again, as the last of your line goes off the reel with a shriek. At the same time, you feel a violent pull on the rod. As the new strain comes in an entirely different way, the rod is almost out of your hands before you adjust yourself to it. But you do hold it. There is a sharp report like a rifle shot a short distance away. You look in a dazed way after the fish. You see him jump wildly into the air a couple of times, turning over and over as he falls back into the water, and all is ended.

You feel as though you had had hours of struggle, the muscles in your arms and hands fairly ache, but it has really taken little more than a minute to accomplish all this. It does not profit you to wonder how it came about. It is the kind of thing that happens to the most skilful veterans, and they can explain it no better than can the novice. They will tell you that when the fish, breaking water, is headed away from you, especially when headed toward the open sea, you might as well make up your mind that he will get your line. The fish may be counted as a dead fish, for the friction on the line will cause him to keep up the struggle until his last spark of life goes out.

You simply put on another line or take another rod, and try it again. You trail your bait for some time without any sign of fish, and you are about making up your mind to the fact that fishing is over for that tide, when you suddenly feel the now familiar shock again. In an instant the fish is out of the water, and you see your bait go sailing through the air at a distance of twenty feet. You were caught napping, and you have missed your tarpon. This encourages you to try again. You still see fish breaking water here and there, but it is invariably at the other side of the pass. You chase first one school, then another, all in vain, till, finally, in compassion for your guide, who has been rowing for hours, you decide to stop. But he objects, for he is a keen sportsman and does not want to go in without a fish. So you stick to it a while

longer, but, at last, after missing another fish, and having a long interval of no signs, you conclude that fishing really is over for that tide, and the guide reluctantly heads the boat for shore.

Thinking of the number of times you have been taken off your guard, you determine to be as vigilant as long as your bait is overboard, and you trail it across the pass for the last time. You keep a close watch as you are nearing the shore, and just as you are about to reel in finally, you feel a gentle pull on your line. Being ready, you strike. In fact, you would strike at anything just now. In another moment a mass of iridescent silver shoots into the air and falls back with a crash. Away goes the tarpon. He is hooked, and the battle is on. He does not run the line out fast, but moves around the boat with wonderful speed, and comes out of the water only a short distance away, shaking his head fiercely, and with a defiant expression in his almost human eyes. He dashes first in one direction, then in another, so rapidly that the guide is utterly unable to keep the stern of the boat pointed toward him. At one time he is off at right angles, and again he is right ahead of the boat, so that the line is running out over the bow. He keeps you turning and twisting in a way that is most tiring. The fish has been out of the water three or four times, giving a gymnastic performance of the first order, when down he goes to hunt for deep water. He gets there, too, in spite of all you can do to hold him. Now that he is down, he sulks. You pull and haul and lift with might and main, straining your tackle almost to the breaking point, but to no purpose. He will not budge. You have gradually worked the boat, so that it is just over the spot where the tarpon lies —a very bad place for it to be in. As you cannot move him, you begin to think that the fish is off, and that your line has caught on something on the bottom. You finally conclude this is a fact. So you slack up to move the boat in another direction with a view to unhooking. This slacking of the line causes the fish to move. You put the strain on again at once, and he seems to give a little. Your tired muscles and aching fingers take on a new lease of life, and you go at him. You give him another lift. He comes up a little more. You are surely bringing him to the surface. You are putting in all the power you have. To encourage you and to be prepared for the unexpected—though he does not believe the battle to be half over—the guide makes ready with the gaff. After many pulls and much lifting, till your muscles are numb from the strain, you bring the big fish to the surface. The guide cautiously reaches out with the gaff. You are feeling highly elated, as you swing him slowly within reach, and are all ready to relax with a sigh of relief, when, in a flash, the fish, which has no intention of giving up, is away. In an unguarded moment you are the recipient of a crack on the fingers from the reel handle that makes you dizzy, and before you recover sufficiently even to think of putting pressure on the brake, the fish has not only gained a hundred yards of line, but has had a breathing spell. Well, you pull yourself together, grit your teeth, and go at him again.

Your guide is now backing toward the fish as rapidly as possible, to get in what line may be had that way before the fish moves again. Working the reel under this reduced pressure limbers you up a bit, and you begin to take notice again. But a hard fight is still before you. The tarpon recovers rapidly, and is now as fresh as ever. You reel in until you get a fairly good strain on him, doing it as gently as you possibly can, so as not to alarm him; and then you think it about time to stir him up a bit. So you give him a "yank."

He comes out of the water headed straight for the boat—and at the second jump it looks very much as if he were coming aboard. He strikes the water almost under the rod, however, and goes under the boat, out at the other end, and away. In the meantime, you have fully fifty yards of line to take in before you can get a strain on him again. This is no easy task, as your fingers tire more quickly now, and for the next half hour you will accomplish nothing beyond exasperating yourself. But then you begin to feel better. You are getting your second wind. Your fingers may be bleeding and your muscles tired, but you

don't mind them. You stir up the fish as often as possible. You get in your line wherever you can, although he runs out lots of it at times. But you do not work as hard in getting it back. In fact, you are acquiring a great deal of knowledge about the sport of tarpon fishing.

At last he begins to weaken. His runs are shorter, his leaps do not lift him from the water, a final effort only brings his head above the surface. With the look of defiance still in his eye, he gives up the battle, and there is nothing more to do but to reel him within reach of the gaff. The guide puts a line through his gills, and you tow him to shore, where he is hauled out before you. What a thing of beauty he is, with his living silver sides, the deep green and gold of his back, and the wonderful iridescence of the underbody.

He measures six feet and ten inches in length, and the scales register one hundred and fifty pounds—just your own weight. As you look at the splendid fellow, a vague feeling of regret comes over you at the thought that such a thing of beauty should be dead. You would gladly give him back his life, for he has given your eye a feast of beauty in magnificent action, and he has called upon all your skill and endurance in the Battle Royal.

Is Fatigue a Disease?

FATIGUE is a sensation with which all are more or less familiar, but which affects different persons differently, according to circumstances.

There is a so-called "healthy" fatigue which comes after normal labour, either of body or mind, and which varies in a healthy person according to the amount of labour performed; and there is "that tired feeling" which comes without much preceding work. This last may be merely what man calls lassitude, but the "fox calls laziness," or it may be due to the accumulated effects of too much work carried on unduly over a long period of time, with too short intervals of rest or sleep. This is a danger signal, which may be the forerunner of a breakdown, and is one of which the worker should take heed if he would not later pay the penalty.

Physical labour tires in proportion to its unwontedness. The man accustomed to walk ten or fifteen miles a day without special fatigue tires after a very little manual labour which is strange to him; and, on the other hand, the carpenter or the blacksmith may be exhausted by a four or five mile walk.

It was formerly thought that fatigue was due to an accumulation of waste products in the blood and tissues, but recent investigations seem to show that the waste products resulting from muscular action do not accumulate in the system, but are promptly eliminated in the perspiration and other excretions, so that they have no opportunity to poison the system.

A German scientist has recently suggested that fatigue is really a disease, although an evanescent and readily curable one, and is caused by the formation of a special toxin, a substance similar to that elaborated by the bacilla of lockjaw or diphtheria. If this is true, it would explain how persons becoming used to a special kind of labour accustom themselves to do an immense amount of it without exhaustion. This would be by the formation of an antitoxin in the body, to neutralise the action of the fatigue toxin. The toxin is readily eliminated when its formation ceases, as during rest or sleep, and it is only when it accumulates in the system that one becomes, as it were, chronically tired. Then some of the fatigue of the day before is felt on awaking in the morning. This is a warning to make the work hours shorter.

ANOTHER LIBEL.

A WRITER in an evening paper has been saying that oarsmen do not make good golfers, suggesting, amongst other things, that a rowing man's "occupation does not demand supremely accurate timing as a condition of success," and also that the oarsman acquires a "disability for dealing effective blows with light weapons, such as racquets, golf clubs, and canes. If this is true, says *Golfing*, we wonder how Mr. Spencer Gollan, who does a good deal of rowing in the best professional company, managed to win the Australian and New Zealand Championships, or how the "condition of success" was brought about which enabled Mr. H. D. Gillies (an old Cambridge rowing "blue") to knock out the Amateur Champion of 1905, at Hoylake, this year.

IS TIMIDITY A CRIME?

Fear Makes Nervous Man Commit Manslaughter.

IS timidity a crime? Mr. Justice Grantham says it is, but mental and criminal experts say it is a disease rather than a crime, and should be treated by detention in an asylum and not a prison.

Mr. Justice Grantham had before him at the Old Bailey a Hoxton wire worker named Wade, who was charged with a double murder. It was proved that Wade twelve years ago was frightened by a shop murder, and that he bought a revolver to protect himself. Lodgers in his house did not pay their rent, and when Wade asked them for the money they threatened him. This so alarmed Wade that he fired his pistol in a paroxysm of fear. The bullet went through a door and killed a man. Wade's pistol went off again, and a woman in a crowd which had gathered was mortally wounded.

The charge against Wade was reduced to manslaughter, and in sentencing him to twelve months' hard labour Mr. Justice Grantham said:—

"I am very sorry for you and your wife, and am quite willing to believe there was no criminal intention. You are evidently a very nervous man, but you have no right to give way to your timidity. There are too many deaths from the crime of timidity."

"Such nervousness as that shown by Wade," said Mr. A. Brady, the secretary of the Ethological Society, to an *Express* representative, "is a natural result of mental incapacity, which is probably hereditary. It is, however, much more of a disease than a crime, for the man must have been a member of a family whose want of intelligence must either result in acts of brutality or timidity. A very large number of the tragedies which are of such frequent occurrence may be attributed to the agonies and terror which seize some people.

"Timidity magnifies dangers out of all proportion to their relative value. Only too often, alas, timidity leads to drunkenness, for the victim realises his weakness and flies to stimulants to get artificial courage.

"When timidity leads to crime it must be punished, though many will say that prison is of no use, and that detention in an asylum is the only adequate protection for the public."

"Timidity is not in itself a crime," declared Mr. Thomas Holmes, whose life-long work among the criminal classes makes his opinions of great value. "Timidity, however, leads to crime much more frequently than is generally recognised. There is a very large class of neurotic persons who are haunted by the fear of some impending evil, and so terrible does the dread become that they become entirely irresponsible for their actions. This ever haunting shadow hurries them into an early grave or forces them to a deed of violence, generally against themselves, but occasionally some one else becomes the victim of the neurotic's uncontrollable impulses of horror-stricken mania.

"But such persons ought most certainly not to be sent to prison. I am quite certain that Wade will come out after his year's imprisonment much more of a menace to the safety of the public than he is now. He is unfit now for liberty and unfit for social life, but the ruthless monotony of prison routine is sure to alter materially his condition for the worse.

"He and many other victims of nerves should be confined in a home for the unfit, where they cannot do themselves or anyone else any harm."

There is no one amongst us who would not say, "Whatever else I wish to be in this world, God save me from being a weakling."—The Bishop of Ripon.

PLENTY OF OUTDOOR AIR WILL PREVENT COLDS.

By Julian Hawthorne.

ABOUT this time of year (as the old almanac makers used to say) expect colds, and closed windows; but the coincidence of these two things may be something more than a coincidence.

We have the habit of lighting big fires as soon as the first chill in the weather is apparent. The windows, which have stood open more or less during the whole of the hot and warm weather, are now shut down, lest any draught should creep in. The same measures are taken with offices as with private houses, and if you go into a hotel, the change of temperature is conspicuous. But outdoors, Nature refuses to be subdued; there the wind blows as it listeth, and when you emerge from your conservatory and walk down the street, you have the feeling of a man running the gauntlet, you muffle yourself up and think with regret of the warmth you have left, and with eager anticipation of the warmth you are going to. Probably you make as much of the journey as possible in a tramcar or omnibus, and this vehicle is sometimes heated to suffocation, and sometimes not, and when it is not, it seems colder than outdoors, because the air in it is dead and prevents you from getting any reaction. But sometimes it is hot in one place—against the calves of your legs, for instance—and cold elsewhere, and that is the worst of all. Be that as it may, it is almost always crowded with other passengers, whose breath is inhaled by each individual of the bunch, so that, from being dead to begin with, it becomes actively dead, so to say, a deadness that not only passively withholds the means of life, but works positively to procure death.

KEEPING OUT POWERS OF LIFE.

You are in and out of this sort of thing all day long; after business and dinner are over, you sit until bedtime in uninterrupted artificial warmth, slowly lessening your vital energy, and just before jumping into bed you open a small crack in one window (if you have read of the necessities of ventilation in sleeping-rooms) and put in your seven or eight hours in an atmosphere in which the power of death, in full blast, emanating from human lungs, contend with such minute powers of life as may contrive to squeeze their way in through that crevice of the window sash. After a few days of this, you get up one morning, and, taking note of your sensations, remark: "Ah, I've caught that cold again." It is the same old familiar cold that you have caught every winter since you can remember, and you know it will run its course, despite all you can do, or other people advise, toward stopping it. Before its term is up, you have probably caught another on top of it, and so you go on till next June. And you lay it all to the cold, and never suspect that it may be altogether not due to the cold, but to the artificial heat which you have spent so much money to ensure. Such are the insanity and fatuity of civilised man in this country, and in many others.

LOOK AT THE OUTDOOR WORKERS.

Look at the street pedlars, who spend the entire winter on street corners, hawking their wares. Look at the motormen, who stand up and face the outdoor cold from early morning till late at night. Look at the policemen, who dawdle along their beat for hours at a time, night and day. Look at any others of that large army of workers who are obliged, by the duties of their calling, to undergo the severities of the wintry weather. And then count up how many of them you have found suffering from colds. They were cold enough, often; their fingers were red and their noses blue, but they did not have colds, and if you investigate the circumstances of those who did have them, you will find that they caught them, not when they were outdoors, but when they went in-

doors, and then came out again. Does this fact engender no reflection in your mind?

How can indoor heating be a protection against catching cold, if people who have least of it are freest from that affliction? Arctic explorers never catch cold; they live in a temperature of thirty to eighty degrees below zero, for months and years at a time. But as soon as they come south they catch cold. The Japanese keep their houses open to breezes and draughts all winter long, and colds are rarities with them. But colds are so common with us in England, who, more than all other people, fortify ourselves against them (as we suppose), that the man or woman who goes through a winter without one is a freak. Surely this must mean something!

OUTDOOR AIR NOT AN ENEMY.

To catch a cold means to be poisoned. The cold that you have caught is due to your having, first, deprived yourself of the life-giving properties of the air of heaven, and, being thus reduced in your power of vital resistance to evil, you have been successfully attacked by the bacilli who are always awaiting their opportunity, and the cold resulted as an inevitable consequence. You go about for four or five weeks, or longer, a poisoned man, with the inflammation, the aches and pains, the repulsive suppurations and discharges characteristic of the condition. You have poisoned yourself; you have deliberately, nay, painstakingly, invited and steeped yourself in the disgusting contagion. And all the time the pure, outdoor cold, to which you have ascribed your sufferings, is the one thing in the world that can prevent them, or hasten your rescue from them. You have been turning your back upon your only doctor, and wrapping yourself up in your enemy. The other doctors, those you pay money to, cannot help you, as you well know, though you continue to resort to them; the cold cures in the druggists' windows only make you worse, as you are well aware, though you keep on trying them. But you yourself, by a little intelligence and resolution, can prevent colds from ever getting hold of you.

BURNS AND BANNERMAN.

SENSIBLE VIEWS ON INFANTILE MORTALITY.

THE eminently practical Mr. John Burns has been giving some good advice to parents. "If," he said, "working men and women want healthy children, the less the wives spend on drink and the husbands on gambling the better and the more they will help the local authorities in their work."

Mr. John Burns gave this advice in reply to a deputation appointed by the National Conference on Infantile Mortality, which waited on the Prime Minister and himself at Downing Street.

The deputation consisted of representatives of various towns, and it urged the Government to legislate in regard to the loss of infant life.

Sir Henry Campbell-Bannerman said he agreed that the evil was appalling.

"One hundred and twenty thousand babies died last year in England and Wales alone," he said. "When we recognise that fact, we can hardly look the world in the face.

"Cynical people may say it is a rough-and-ready way of weeding out the unfit; but that is not so. Even the fittest are made unfit.

"Surely this matter is one of the supreme tests of civilisation, and if we get behind, it shows that we are not among the civilised nations so far as this subject is concerned.

"I hope that whatever the Government does it will not be slow to do it. This is not a question of politics, and I trust the Government will not be found to fail in any effort to face, and, if possible, remove, this monstrous evil."

Mr. John Burns expressed sympathy with the deputation, and in referring to the resolutions passed at the recent conference of which he was president, he said that milk depots had done incalculable good to the infants brought within their sphere.

He found that the deaths in the sterilised milk-fed area ranged from fifty to 100, while in other areas the death rate was from 100 to 273. In face of figures like that it seemed to him that the milk depot experiment, illegal though it was and surcharged though it had been, was an experiment that warranted careful development and rapid extension. The Bill on the subject was now in draft.

He said that one of the chief contributing factors towards the high mortality was the tendency on the part of people to spend on beer what they should spend on food for their infants, and on leisure and rest for the mother.

INDIGESTION KILLS A BIG SNAKE.

PRINCESS, one of the most valuable assets of the Barkoot Amusement Company, has died at Suffolk, Virginia, of indigestion. Princess was a boa constrictor, 28 ft long, 12 ins. in diameter at the thickest part. It weighed 920 lbs. and was said to be more than 100 years old.

Princess died of indigestion, brought on by overeating. At its last meal, some days ago, it swallowed a dozen chickens.

READERS' CLUB.

President - - EUGEN SANDOW.

Motto:—One may Help Many.

For the exchange of Ideas, Personal Experiences and Photos for the encouragement of Club Members.

Every Reader of "Sandow's Magazine" is a candidate for Club Membership.

Members are expected to act up to the Club Motto, and the President will award the Club Fellowship Medal to those Readers who qualify for its possession by

(1) Contributing a letter or experience worthy of publication, and by

(2) Introducing this magazine and advocating Physical Culture, to not less than fifty friends and acquaintances. To secure the Medal the qualifying Reader must send in the names and addresses of the fifty to whom the copies have been distributed, together with a "cutting" of the published "Letter," bearing date of issue, as well as stamp for postage of the Medal.

The fifty specimen copies are supplied free and carriage paid to qualifying members. In the case of foreign and colonial Readers, the sending of fifty names and addresses will be considered as entitling to the Medal.

No medals will be sent unless application is made.

Helps In Gymnasium.

Manchester.

Sir,—Having been a constant reader of your excellent magazine for the past four years I am taking the liberty to write to you to let you know what I have done for physical culture. Last year I joined Mr. T. Connors' gymnasium and I am now teaching the pupils your system of dumb-bell exercises and the proper way to do them. I also take your magazines to the gymnasium for the members to read, and also give them to my friends.

Harry Unwin.

Better, Stronger, Healthier.

Portsmouth.

Sir,—I have been a reader of your magazine for the past four months and have found it most interesting at all times. I also indulge in the exercises with the Sandow grip dumb-bells a quarter of an hour before breakfast and half an hour in the evening, and finally do deep breathing exercises. I attend a local gymnasium three evenings per week chiefly exercising on the parallel bars and vaulting horse. From the time I commenced I have been in much better health, far stronger, and have increased my chest measurement from 34 ins. to 36 ins. in four months. This, I must admit, is greatly due to the Sandow grip dumb-bell, which is being much used by my friends at the gymnasium on account of its beneficial results.

W. Fletcher.

Saved from Death.

Brechin, N.B.

Sir,—While I was working at a new building (for I am an apprentice joiner) the scaffold on which I was standing gave way. While I was passing through the air I got a knock in the stomach with the end of a plank, which tore off my apron. As luck would have it, I came to *terra firma* first; then before I could do anything down came a rain of bricks and wood while a mason's lime tub, about half-full, caught me on one of the abdominal muscles. Everybody stopped work and came flying down to me expecting to find me dead and mangled, but you can imagine their surprise when they found me, having crawled from beneath the *debris*, leaning up against the wall, just a little sick and somewhat lame. I was conveyed home and a doctor was summoned. His verdict was a slight shock and a bruised abdominal muscle. In about two weeks' time I was on duty again, none the worse, and have felt no ill after effects of my mishap, while everyone has been surprised to see me out of doors so soon. Now I can speak of how I have benefited from physical culture, and perhaps be the means of making more than one more able to bear the wear and tear of this strenuous age.

Alex. Goodfellow.

———

Pretoria.

Sir,—I beg to acknowledge receipt of Fellowship Medal. It is simply perfect.

L. Skea.

The Root of Physical Degeneration.

Swansea.

Sir,—Having been a regular reader of your magazine for some time and having derived great benefit from same, both physically and mentally, I would ask you to accept my heartfelt thanks for the thoughtful and straightforward manner in which it is conducted. It has been the means of uplifting me and placing me on a higher plane than could possibly have been obtained without its aid.

I have used your developer and spring dumbbells and find both of great value in body building and in getting the muscles under control.

At present I also attend a gymnasium three nights every week and get a turn at the Indian clubs every morning. I also have a swim several times a week and am very fond of long country walks or better still a scramble over the cliffs on the Gower coast. The number of young men who take an interest in physical culture is steadily increasing here, but their great need is a more thorough knowledge of their bodies. At present many of them believe that a bulky biceps, which they develop at the expense of other parts of their bodies, means physical culture. I have noticed that the number of letters from lady readers is increasing and that has given me no small amount of pleasure. It is a pity that there are so few lady Sandowites about. When we can get plenty of ladies to study their bodies and train and develop them into the beautiful forms they were intended to be, there will soon be an end to the physical degeneration about which we hear so much at present.

A Youthful Welsh Club Member.

G. J. Davies.

A Physical Culture Crew.

Plymouth.

Sir,—Having followed the Readers' Club with deep interest since its start, I am going to give you an account of my stewardship as a Sandow missionary which I trust you will consider worthy of publication.

My mission has been almost entirely conducted at sea. I am an engineer, and have been as enthusiastic and ardent a follower as possible under the circumstances for just three years. Although twenty-seven years of age at starting I have surpassed my hopes, but am a long way from realising my ambition. The exhausting nature of our duties and the amount of work under such difficulties as high temperature and defective ventilation keeps a man "down" in weight and constitution and leaves little energy for physical culture, but I seldom let a chance pass and average a half an hour a day with a five minutes "still run."

I always had a decent pair of legs, but was of a very poor build above the waist, my chest being frequently in trouble. I had also chronic catarrh for about fifteen years. This is all changed now and I have got rid of the catarrh entirely and intend to submit photos before long!

I have been sailing to and fro to Australia for the last eighteen months in the T.S.S. "Marathon" — Aberdeen Line—and was on her so successful an exponent that I quite converted eight of my fellow engineers and Officers, including the Chief Engineer, who, as you probably know, is not usually on confidential terms with his juniors.

I was very successful amongst them in the treatment of indigestion and constipation and in the treatment of my own and a friend's chest complaints, and in a case of muscular rheumatism.

I used also to instruct the four apprentices and two quarter-masters, besides four of the steward "boys." Not bad for spare time, eh? So you will easily imagine that as they were all started with my own gear and are now all possessors of either developer or spring grips that there has been a decided start made there.

Stanley Gruzelier.

Was Laughed At.

Bengal

India.

Sir,—About three months ago I bought a developer of yours for a few rupees and asked some of my mates to take exercise along with me. They laughed at my thin arms and chest and said it was only meant for those fellows who were naturally endowed by Nature.

Now they come to my house to take exercise because they have seen what exercise with the developer along with will power can do.

Charlie Thompson.

From a Gold Medallist.

Wanganui,
New Zealand.

SIR,—It might be of interest to your readers to know how it was that I started to exercise. I have been much interested in the accounts given in your magazine by others who followed the system and I daresay some of your readers will be equally interested in hearing of my case.

As boys, there was always a certain amount of rivalry between my brother and myself in the matter of physique. On a visit home I noticed that he had improved considerably since my last visit, and on inquiring the reason I found he had been working for some time at your system. I was working in a back-country school at the time and before returning I learnt as many of the exercises as I could remember. During the winter I worked away, using two bits of rounded wood in place of dumb-bells. Of course, as I did not understand the proper method of working and how to use each exercise to the best advantage, I did not get as much benefit as I might have done, but I improved sufficiently to encourage me to persevere. On another visit home I heard of your spring dumb-bells and invested in a pair. Later on I purchased a developer, working one in the mornings and the other in the evenings.

Some time after I was transferred to Wanganui and then joined Mr. Jarrett's class. When Mr. Jarrett left Wanganui some of the members of the class, myself included, kept the thing as a sort of club affair. Ultimately, through the dispersal of the members, the class broke up altogether. Since then I have worked away at home. The class lasted long enough to give me a thorough insight into the system and I am now teaching the breathing exercises to the children of my school class as part of their physical drill.

Three weeks ago I was requested to act as instructor to a class that belonged to the Young Men's Institute in this town. I have over twenty members enrolled and am admitting new ones every night. I expect I shall soon have a class of thirty or forty pupils. They are all very keen to learn and it is a pleasure to instruct them.

I have gone in for various branches of athletics, rowing, football, cycling, swimming, weight lifting, etc., and I have found the all-round fitness given by your exercises of the greatest value in all. I won this year the single sculling race open to all members of our shed. I was on scratch, conceding starts up to 25 secs. I won the final easily by five lengths.

Without previous training other than that given by your exercises, I broke the previous cycling record between Wanganui and Palmerston by five minutes. The distance is fifty miles and I did it in two and a half hours. The previous record had been unbeaten for years. The biggest weight I could ever obtain for a one handed lift was a bar-bell, 5 ft. long and 106 lbs. in weight. I lifted it with comparative ease. Another feat, showing the even development I have obtained, was raising a 60 lb. bell twenty-seven times in succession over head, and then repeating twenty-six times with the left hand almost immediately afterwards.

I might also mention that my brother is as ardent an enthusiast as myself and equally well developed. He is a fine all round athlete, running, swimming, cricketing, playing tennis, football, cycling, etc.

In conclusion, let me congratulate you heartily on the marked improvement that has taken place in your magazine since your return from India. It is the finest work of its kind that I have ever been able to procure here.

G. H. MARSHALL.

The Thinnest Boy.

Victoria, Australia.

SIR,—My eldest brother was the first to take up physical culture, and after a few months' exercises with Sandow's developer and grip dumb-bells I was surprised to see the great difference it made in him. So I said to myself if it will do good for him it will do good for me. I was about the thinnest boy in Richmond at the time. I was fourteen and a half when I started and only weighed 6 st. 7 lbs. After I had been exercising six months I gained 10 lbs. in weight; that gave me more encouragement and now, after two and a half years exercising, I am the heaviest and strongest in the family. My weight now is 9 st. 11 lbs. Some young fellows, seeing the development I gained through physical culture, asked me to start a physical culture school. That put me in mind of the Club's motto: "One May Help Many," and so I started a physical culture club, and have got sixteen members now. They are getting on splendidly. One member said he joined because he had a weak chest; he has been at it five weeks now and he tells me his chest is getting stronger, and he never felt better in his life before. I hope to send you a photo soon of the members of the club, if you have space in your valuable magazine to put it in. W. WHEATLEY, JUNR.

[Yes, by all means.—THE PRESIDENT].

"Early Slippers."

MR. HOPKINS, of Gillingham, writes as follows: The article "The Humorous Side of Sickness" in your issue for November 8th, calls to my mind the case of a maidservant in the employ of a relative of mine who informed us that her mother was suffering from early slippers (erysipelas)."

Brief Replies.

W. BELL (DUNGANNON).—Cannot trace letter. Please write again.

H. TYNAN (MANCHESTER).—Please send full address. Cannot trace former letter. Article not quite suitable.

W. T. HARWOOD (DARWEN).—Measurements very good. Chest can be improved.

T. CONNORS (MANCHESTER).—Notice elsewhere. Shall always be pleased to hear from you.

T. COOKE (ATTERCLIFFE).—Thanks for suggestion, which is at present under consideration

ARTICLETTES.

QUEER CURES IN GERMANY.

Someone has been making an investigation as to the survival of medical superstitions in Germany, and his discoveries have been reported in the *Norddeutsche Allgemeine Zeitung*. All sorts of outlandish ideas and practices were found in active prevalence in the marshlands of the Weser, north of Bremerhaven, and in the Luneburg Heath, a barren region between the Elbe and Aller.

In both of these districts the touch of a corpse's hand is still regarded as curative of many local ills. In the Wesermarsch the practice is to steal secretly into the room where the dead person is laid out and with the dead hand stroke the afflicted part. In the Luneburg Heath the application is especially used as a cure for warts and for cramps in the stomach.

Less gruesome is the remedy for hernia still applied in the marsh country. On the night of St. John the Baptist's Day, June 24th, the patient must be dragged through the split of a cleft ash tree. Three men bearing the first name of John must perform the operation, and it must be conducted in dead silence.

Some of the cures depend, on the contrary, upon verbal formulas. For hiccough the sufferer must cross a little wooden footbridge over a stream—an easy matter in the marshlands with their many drainage ditches. As he crosses he must repeat the nursery rhyme:

Snik-op un ik gungen ober dat steg
Snik-op fult herin un ik gung weg.

This bit of dialetic German may be translated:

Hiccough and I went over the bridge,
I went on, hiccough fell in the ditch.

For erysipelas a fire is lighted and a pinch of ashes from it is rubbed on skin to the accompaniment of a saying to the effect that the ashes and the sore went over the Red Sea together, the ash came back, but the sore never again. Numerous other sayings supposed to have the force of charms, usually when uttered simultaneously with some action, are quoted. The Luneburger, for instance, who had warts makes the sign of the cross on the warts while gazing at the crescent moon, saying, "What I see, that I win; what I wash, that disappears." It rhymes in the German dialect.

Sometimes the formula is not spoken. The Wesermarsch folk have a saying which they write on a slip of paper when anyone has fever; then they burn the paper. The Luneburgers have no formula, but they write the name, year of birth and birthplace of the sick person in a lonely place three nights running. Other remedies for fever consist in swallowing spiders or dust filed from a church bell.

When a tooth comes out the loser must throw it backward over his head. Hair combings must not be thrown out of the window, because the birds might get them and fly away with them. In that case the person who was separated from them would speedily become bald.

TENDER FEET.

There are a great many individuals who, when they get up in the morning, have the skin of the feet absolutely normal until they walk a certain distance, and then the feet become hot, extremely irritable, tender, sometimes worse than that. The feet swell, the skin becomes red and irritable, and when the person has an opportunity of taking off his boots and socks he sits, with a glee that is almost difficult to imagine, scratching the feet. It is a condition very well known indeed to volunteer medical officers, who have to look after men engaged in sedentary occupations all the year, but go volunteering in the summer. They suddenly, says the *Hospital*, find themselves walking much more than they are in the habit of doing, and the feet become swollen, red, irritable, blistered, and sore—the "Volunteer" condition of feet. Medical officers of the Army, especially those who practise in the tropics, know what extreme difficulties they have with individuals who suffer from tender feet. Volunteers, who intend to come into camp from a sedentary occupation, should be informed that it is necessary to prepare their feet for three or four weeks beforehand, by washing them morning and night daily in tepid water with an antiseptic soap. The best soap is ichthyol superfatted soap. If that cannot be procured, carbolic or other antiseptic soap should be employed. The feet should be dried carefully and bathed afterwards in a lotion consisting of one part of spirits of wine and one part of hamamelis. The feet should be bathed with this to harden the skin, then dried and the powder placed inside the socks.

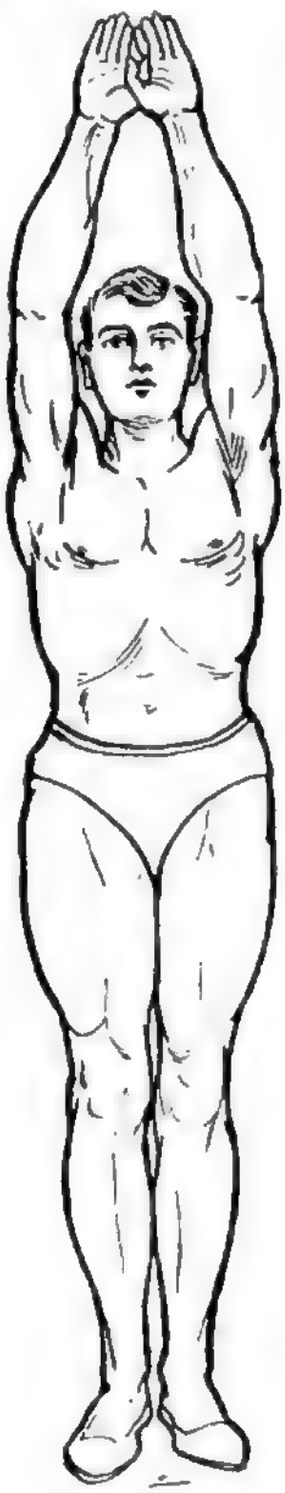
THE DANGER OF SPONTANEOUS COMBUSTION OF MATCHES.

One so frequently sees matches lying about in various places that it may be worth while to take note of a letter published in the *Scientific American*. A Mr. Dewart relates that a curious case of spontaneous combustion recently came under his notice. A number of matches, which were lying loose upon a shelf, ignited and burned without apparent friction or contact with a flame of any kind. He was seated with his back toward the shelf, when he suddenly noticed a flash not unlike that which takes place when a large lamp is lighted, and on looking around he saw the matches blazing on the shelf. At the time there was no fire near the shelf, nor anything on it that would appear to be capable of causing friction. "Is it possible," the correspondent asks, "that the ignition was due to an atmospheric cause, or could it be owing in any way to the chemical composition of the match or matches which ignited first?" Whatever the answer be, it is worth while noting that such spontaneous ignition does take place, and avoiding any reckless and unnecessary carelessness in leaving loose matches lying about.

THE NECESSITY OF PHYSICAL TRAINING.

Beneficial Alike in Health and Disease.

EVERY thinking person is bound to admit that physical development has not kept pace with mental progress. Too much attention has been devoted to the mind, and too little to its temple, the body. Exercise depends largely upon occupation—in other words, those whose occupations favour exercise are fortunate, those with sedentary occupations receive little or no exercise. This neglect of the body begins at an early age. The mother considers the immediate wants of the infant. Fashion, dress, food receive her careful consideration, and the child grows up unfitted to resist heat or cold, and often with tastes and cravings which lay the foundation for future ill health. Instead of training the little ones in walking and running, they are trundled about in carriages, and carefully protected from all physical exertion. In school this process is usually continued. Great demand is made upon the mental powers of the child, while the body is left to shift for itself, and very little time is devoted to proper exercise and gymnastic work. The crowding of school children in unventilated rooms, and compelling them to sit still for hours at a time, cannot but have its influence.



PARENTS AND EDUCATORS

are equally responsible for the precociousness of many children, and the mental drill begins long before the child is prepared for such work. It is a well known fact that the physically strong child will soon outstrip the "precocious" one in his studies, even though he may enter school some two or three years later than the latter. In the higher institutions of learning, the hours of study are so long that but little remains for systematic exercise.

Systematic and scientific gymnastics elevate the body to its proper tone, invigorate the lungs, harden the muscles, send the blood coursing through the blood vessels, and sustain the fire of the youth. Systematic training physically is the only means of maintaining a perfect equipoise between mind and body, an equipoise which was so beautifully illustrated in the lives of the ancient Greeks.

Weak action of the heart, irritability of the nervous system, impaired digestion, rheumatism, consumption, dizziness, spinal curvatures, and a host of other afflictions, are the result of sedentary habits, with insufficient exercise and weak muscular development.

WHILE IT IS TRUE

that the average duration of human life is higher at the present age than formerly, it is by no means attributable to our mode of living, but is simply due to the progress in medicine and surgery which enables us to save many lives which formerly would have perished.

In our times, many a feeble life is maintained from year to year merely to bequeath, in many instances, this impaired constitution to children and grandchildren, and thus the gradual deterioration of the human race goes on.

To counteract these evils, says *The Family Doctor*, every

physician should exert his inflence to the utmost for the introduction of regular exercise among all classes of people; they should join forces with enlightened teachers in labouring for the establishment of gymnasiums. It should be remembered that all physical training, be it gymnastics, horseback riding, swimming, rowing or fencing, are also a training of the central nervous system of the brain and the spinal cord. Even the power of memory is augmented by systematic physical exercise. Together with gymnastics, massage should also be practised, in order to keep the body strong and healthy.

HISTORY TEACHES US

that since the time of Homer and Hippocrates, massage was advocated by the foremost men of Greece, philosophers, poets and historians. Among the Grecian women, massage was resorted to for the purpose of increasing the beauty of the skin and figure.

But beyond the healing of various affections, massage is also a great preventive of disease, as most diseases spring from disturbances of circulation and functional disorders, which can readily be forestalled by systematic hygienic massage. In orthopœdic practice, massage is simply indispensable. Physical exercise, therefore, combined with massage, are powerful factors in the destruction and prevention of serious diseases, which are the natural product of our strenuous mode of life.

While the ancient Greeks and Romans should stand as our models, they should also be to us a warning example. In Greece, as well as in Rome, gymnastic sports formed the basis of mental and physical, personal and general welfare, and the glorious success they attained gave proof of the soundness and correctness of their views. However, as soon as the Romans grew indolent, leaving their physical sports to professionals, their ultimate decline and downfall was sealed.

It is true that neither gymnastics, massage nor physical sports will eradicate all the mental and physical troubles which flesh is heir to, but they will add materially to the strengthening and beautifying of humanity, and endowing it with the power of resistance.

Muscles and Meals.

WHATEVER may be the individual opinion concerning the degeneration of modern humanity, there is no doubt that we are not equal in bodily strength to our ancestors of three or four centuries ago.

It is sometimes said by persons viewing old suits of armour that it would be impossible for the men of the present day to wear them, and a further proof of our physical deterioration is to be found in the nature of the meals eaten in those days.

On turning over the housekeeping records of the Northumberlands at the commencement of the 16th century, we find a statement of breakfast after the following style:—

My lord and lady had one loaf, two manchets (which were loaves made of fine meal, whereas the first loaf was probably what we should call brown bread), a quart of wine, half a chine of mutton or a chine of beef boiled.

Even the children ate abundantly. Half a loaf, one manchet, two quarts of beer, and a chicken, that was for the two elder children. For the nursery there was a manchet, one quart of beer, and three boiled mutton bones, on which a fair quantity of meat had been left.

The gentlewomen attached to the suite of my lady had two quarts of beer, three boiled mutton bones, or else a piece of boiled beef.

On what were termed fish days the fare was just as bountiful, but my lord and lady had a quart of wine and a quart of beer to drink with the viands. This breakfast was taken at seven o'clock, and "dinner" was served at ten.

Such fare denotes much greater physical strength than we possess. Civilisation effects important changes in dietary; we have less outdoor work, and we cannot digest the heaps of food which were disposed of by our forefathers.

Another consideration to be taken into account is that we have developed our brains; this has led to a corresponding decrease in muscle.

One curious reflection arises as we think of the people of to-day. We are taking to outdoor sports more now than

we have done for many generations; will this lead to an increase of our appetites and a decrease in our brain power, or, at least, to a hindrance to its development? It depends entirely to what degree we allow ourselves to be carried away with the fascinations of outdoor sport.

This is the day when brain is needed, so perhaps the physical deterioration which is so deplored is a sign of mental superiority. And that will help us along nowadays.

How Poisons Affect the Body.

THE animal body can be played upon as if it were a machine. The strokes of the central pump, the heart, can be slowed or quickened, the vital heat lowered or increased, the pupil of the eye expanded or contracted, the limbs paralysed or convulsed, the blood sent to the surface or withdrawn to the interior, even the natural hue and colour of the body can be changed by the subtle action of various poisons taken into the system.

There is a peculiar offensive sulphur compound called mercaptan. A little of that administered to anyone produces the intensest melancholy, tending almost to suicide. We can sometimes detect a similar offensive substance in the breath of patients suffering from melancholia. Similarly, there is a well known poison which produces all the effects of scarlet fever. There is another, a large dose of which brings about all the symptoms of cholera, and there appear to be several poisons which produce idiocy or actual madness.

THE HINDOOS

are said to know a drug which has in Indian history often played the part of a State agent, and has been used to produce imbecility in persons of high rank whose mental integrity was considered dangerous to the despot in power. There is a droll account of the effect produced by a certain root, which, in an ancient cloister, the monks ate by mistake. In the night all were taken with hallucinations, so that the pious convent was like a madhouse. One monk sounded at midnight the matins; some who, thereupon, thinking it was morn, came into chapel, opened their books, but could not read; others declaimed; some sang drunken songs of a character not befitting the place, and the greatest disorder prevailed.

A CURIOUS POISON

is that which Shakespeare makes Friar Laurence give to Juliet as a means of enabling her to escape the proposed marriage with Paris. It would, he assured her, produce temporarily all the symptoms of death,

> Each part deprived of subtle government
> Shall, stiff and stark and cold, appear like death;
> And in this borrowed likeness of shrunk death
> Thou shalt continue two and forty hours,
> And then wake as from a pleasant sleep.

Juliet takes the draught, and the effect is precisely as the friar predicted. It might be supposed that so convenient a poison was purely the invention of a dramatist, and had no sort of equivalent in the drugs of the toxicologist. Modern science, however, has recognised in the contents of the Juliet phial a well known medicine of ancient Greece (Atropa mandragora), which really possesses the remarkable power attributed to it in Shakespeare's tragedy. It was actually used by Greek physicians very much as we use chloroform, and under its influence operations were performed. It was known as "death wine," and was in common use till about the 15th century, but old medical works are still extant containing descriptions of it, and a few years ago a correspondent tells us that a friend of his brought him some of the root from Greece, and by following these old prescriptions he was able to concoct some of this death wine, and to make such experiments with it as to entirely confirm Friar Laurence's account of its action. We are further told that when the Jews were under the Romans, and a good many of them were crucified, the Jewish women were in the habit of giving them this mandragora in order to alleviate their sufferings, and it is suggested that as some of the victims were known to have recovered from their apparent death, the practice of breaking the legs was resorted to as an additional safeguard against their restoration.

Strange Remedies of Chinese Doctors.

A CURIOUS collection of medicinal drugs in vogue in different countries and periods is on view in the National Museum at Washington. Most curious of the lot are the weird remedies employed to-day, it is said, by the Chinese physicians. Among these, cantharides is considered a cure for hydrophobia; the fruit of the cardamon is supposed to increase knowledge by strengthening the stomach, which organ the Chinese identify with a person's disposition and mental capacity; the dried skin of a certain kind of orange is used as a sedative; dried alve flowers are used in pulmonary affections, and are also employed in cookery as a tonic or relish. The honeysuckle is given in cases of rheumatism, and the dogbane in disease of the kidneys.

Almonds are sedatives in the Chinese pharmacopœia, and cassia buds a tonic and astringent. Melon seeds are taken for coughs, colds and asthma, while the morning glory root is used in severe dyspepsia. Pumpkins are supposed to possess soothing properties, and are used in cases of colics, spasms, etc. Quite a number of vegetables are considered cures for consumption and remittent fever. The under shell of the land turtle is ground and taken as a decoction by the aged and weak, and is used generally as a stimulant, as is also the mustard seed. To oleanders are attributed rejuvenating and highly nutritive qualities. One vegetable with an unpronounceable Chinese name is employed to work off the effects of drunkenness.

FOSSIL CRABS FOR EYE TROUBLES.

Fragments of fossil crabs, crushed and powdered, are considered a specific in affections of the eyes. Rhubarb is indigenous to China, and in former times Canton was the only port from which that drug was exported. The Chinese dig the roots early in the spring, before the leaves appear, cut them into long, flat pieces, dry them for two or three days in the shade and then string them on cords. Tumeric is used for diseases of the skin, also as a yellow dye in the preparation of tobacco, and, mixed with indigo or Prussian blue, is the means employed for colouring green tea and also to season curries. Another of the Chinese vegetables is used to bring out the eruption of smallpox, as well as to colour candles, while still another plant is found indispensable in curing boils and strengthening the hair.

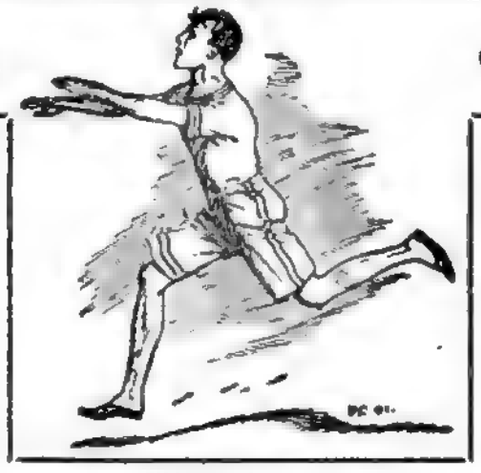
From castor-oil beans the Chinese express an oil which is used in the manufacture of candles, as well as for medicinal purposes. A very costly gelatine is made by boiling down deer horns, after which it is employed as a tonic. One medicine, taken in liquor, is thought to heal fractures of any kind. Petrified crabs are used for boils, sores, etc.; snake skins for smallpox, and caterpillars are employed in bronchial complaints; dried cows' gall is used as an expectorant; the refuse of tobacco, mixed with straw, as a stimulant, and cows' glue, made from buffalo hides, as a sedative.

In fact, it is shown that almost every natural production, mineral, vegetable and animal, is used in China for some medicinal purpose. Glue seems to the Celestial to possess wonderful healing properties when taken internally, and is regarded as one of the surest means for mending the human machinery. That made from tortoise-shell is considered a tonic, while that obtained from tigers' bones has also great virtue and fetches a price of $1,500 per picul (133⅓ pounds), a prohibitive price save to the very wealthy in China.

ENERGY OF THE BODY.

The working energy of the body is something enormous. The muscles of the jaw can exert a force of five hundred and thirty-four pounds. The heart is a most remarkable worker, although its work is not, as often stated, continuous. As a matter of fact, the periods of rest are longer than the periods of work, and the heart, as a whole, works no longer than a man who labours nine hours a day. The total work of the heart is not less than 150 foot tons a day. This means work equal to lifting 150 tons one foot, or one ton 150 feet. A day's work for a labouring man is 300 foot tons. The muscles by which the body is supplied with air, the respiratory muscles, do a work of twenty foot tons a day. It is estimated that the human body, as a whole, performs in a single day labour equal to 3600 foot tons—that is, the work of twelve labouring men.

IN THE ARENA OF SPORT.



AMATEURS v. PROFESSIONALS.

THE International Selection Committee of the Football Association met a few days ago, when the teams for the International trial match at Owlerton, Sheffield, which has since taken place, were chosen as follows:

AMATEURS.—E. Proud (Bishop Auckland), goal; W. Corbett (Aston Villa) and W. U. Timmis (Old Carthusians), backs; K. R. G. Hunt (Oxford University), T. Climenson (Darlington), and G. Hassett (Stockton), half-backs; J. A. Raine (Newcastle United), S. H. Day (Old Malvernians), V. J. Woodward (Tottenham Hotspur), S. S. Harris (Old Westminsters) (captain), and H. P. Hardman (Everton), forwards. Reserves: H. A. Milton (New Crusaders) and V. S. Simpson (Sheffield Club).

PROFESSIONALS.—Robinson (Birmingham) goal; Layton (Sheffield Wednesday) and Stoke (Birmingham), backs; Warren (Derby County), Veitch (Newcastle United) (captain), and Makepeace (Everton), half-backs; Rutherford (Newcastle United), Coleman (Woolwich Arsenal), Brown (Sheffield United), Stewart (Sheffield Wednesday), and Lipsham (Sheffield United), forwards. Reserves: Carr (Newcastle United) and Bridgett (Sunderland).

Referee, R. Furness (Darlington).

After the match the Amateur team to play the Irish Amateurs in Ireland on December 15th will be picked.

HOMOGENEOUS FOOTBALL.

The New Zealanders were never given sufficient credit for the fact that while they gave a superb exhibition of the perfect Rugby machine, it was a machine that was built in a hurry while the team was coming over and in the early period of their stay here. The South Africans had to face no such disadvantage—whatever the extent of it may have been. They have a splendid system in South Africa by which their football throughout the country is kept homogeneous, as the leaders of the game consider it essential it should be kept, and it is worth considering.—Mr. C. B. Fry in *Fry's Magazine*.

FOR BOXERS.

THE St. Bride Institute Boxing Club held its fifth annual open boxing competitions at the Public Baths, Pitfield Street, Shoreditch, on Tuesday, December 4th last, at eight p.m. Four competitions were held, for 7 st. 12 lb., 8 st. 12 lb., 9 st. 4 lb., and 10 st. men.

CRICKET IN THE PARKS.

THE London County Council is prepared to receive from cricket clubs, whose headquarters are in the County of London, applications for the use during the season, 1907, of reserved match grounds at the parks and open spaces under its control. Applications must be made on the printed forms which can be obtained gratuitously on application either personally, or by letter, to the Parks Department, 11, Regent Street, S.W. The forms, when filled in, must reach the department not later than December 1st.

CRICKET SIDE OUT FOR NO RUNS.

IN a recent cricket match at Capetown the Observatory eleven were all dismissed without scoring a run, Abrahams, the Rondesbosch bowler, taking seven wickets for 0. What makes it more curious is that in their first innings the Observatory mustered sixty-four, to which Rondesbosch replied with ten more. Thus an astonishing victory by an innings and ten runs resulted. This was the first time a South African team had failed to score, though a De Aar side were once dismissed for one.

WILL HE MEET HACKENSCHMIDT?

As both Lurich and Zbysko had been carrying all before them in the wrestling championship which has just been held at the Casino de Paris, their meeting was certainly the great match of the tournament. Zbysko won at the conclusion of 46 mins. 8 secs. altogether.

Lurich had just been wrestling a "heat" with a Belgian, and protested against being at once called upon to take the mat against the powerful Pole. Zbysko is 40 lbs. heavier than Lurich. The tussel was short lived, and at the end of 6 mins. 8 secs. (the men had wrestled forty minutes without a result some few days previously) Zbysko retained his unbeaten record in the tournament by "downing" his hitherto formidable adversary.

A GOLFING PRIVY COUNCILLOR.

THOUGH the names of prominent devotees of golf do not figure largely in the King's Birthday Honours List, followers of the game can point with pride to the Rt. Hon. Mr. Justice Kekewich, one of the new Privy Councillors, as a most enthusiastic golfer. He is a member of several clubs, was captain of Royal St. George's in 1895-96, of West Herts, 1897-99, and is President of the Woking club.

AUSTRALIA'S BEST SPRINTER.

In A. B. Postle the Australians possess a really wonderful sprinter, who of late has come to the front with giant strides. A writer in the *Sporting Judge* (Melbourne) says of Arthur Postle: "I shall conclude by giving Postle the credit of being the fastest runner I have ever seen out of the holes, and after I see him run again, fit and fresh, I think I shall be able to write—'A. B. Postle, world's champion up to 100 yards.'"

GREAT SNAKES!

Here, says *Golfing*, is a "creepy" experience which recently befell a member of the Royal Sydney club after playing a tee-shot on the course at Rose Bay. His shot struck the top of a post on the bank in front so hard that the ball flew back over his head, and thirty yards to the rear. Playing disgustedly at it, he hit the top of the grassy bank, and appeared to roll down it. When the player came up, the new "Hurricane" ball was nowhere to be seen. After searching in the long grass, he put his arm down a large hole, and felt around inside. The suspicion dawned on him that there might be snakes there, and he withdrew his hand, and tried another hole, also in the face of the bank, that looked safer. This time he did catch hold of a snake, a venomous brown one, that wriggled rapidly through the fingers—which were being as rapidly withdrawn—into some inner recess. An attack on the hole with a niblick failed to unearth the snake, but revealed the missing rubber core.

FOOTBALL GOLFERS.

Two doughty Scots who figure largely in the Soccer world are, it is said, about to contend for what is described as the footballers' golf championship. These are T. Niblo, of Watford, and James Sharp, the Woolwich Arsenal full back. These players are both Scottish internationals.

FOOTBALLER TO THE RESCUE.

One of the forwards of the Kingston Association Football Club, Mr. Thomas R. Seed, has been commended by the Kingston magistrates for going to the rescue of a Constable whom three men tried to throw into the river.

CLUBS AND SOCIETIES.

Aberdeen's Versatile Instructor.

A new athletic club—the West End—has been opened at 133, Loch Street, Aberdeen, and at the formal exhibition a splendid programme was performed. The club's popular instructor, Mr. McRae, besides giving a splendid exhibition of club swinging, ball punching, and chest balancing, also took part in two clever three-pound boxing points. A local favourite, nicknamed "All Jack," gave a splendid exhibition of weight-lifting. The chairman, Mr. W. Mackay, on behalf of the members, expressed thanks to Mr. Robert Anderson, who had generously equipped and furnished the club house.

Schoolboy Gymnasts.

The gymnastic team of Harrow School recently gave a very fine exhibition in the ninth annual competition in Rugby. The Rugbeians were beaten by 676 points to 594. Major R. McKerrell, Assistant Inspector of Gymnasia, Aldershot, was referee, while Staff-Sergeant A. Andrews set the exercises. The highest individual aggregate was 98, made by D. R. J. Halliday, a Harrovian, while two Rugby men, D. F. Sanders and R. Mein-Austin, occupied second and third places with 93 and 92 respectively.

Stamfordites Muster.

The Stamford Athletic and Gymnastic Club have held their opening meeting, and elected officers and committee for the season. Intending members, who must be over sixteen years of age, should send their names in to Mr. O. C. Pond, Hon. Secretary, 13, St. Paul's Street, Stamford.

Chichester's Concert.

The City Physical Culture and Harriers' Club, of Chichester, held a supper and smoking concert recently, which was a great success. One of the most popular members, Mr. W. E. Willshire, was in the chair, and was supported by the Captain and their new Instructor, Corporal Horley, of the Royal Sussex Regiment. The supper commenced at 8.20 p.m. After supper was over, a most enjoyable smoking concert took place. At the close of the meeting it was decided to organise a jumble sale to aid the finances of the club, which it is expected will increase the revenue by some £10.

Good Progress at Birmingham.

The winter's work of the Birmingham Natural Health Society has just recently commenced in the new headquarters, which have lately been acquired in James Watt Street, Corporation Street. The Society has been to considerable expense and trouble in fitting up the meeting rooms and gymnasium, to make them as attractive and as comfortable as possible for its members. No pains have been spared in arranging a good programme for the winter months. Lectures and discussions on physical culture and kindred subjects are held every Wednesday, whilst every week exercise classes, for both ladies and gentlemen, under competent instructors, are held. Other evenings, too, are set apart for recreation and reading. A library and a circulating magazine section is also in use by the members. Rambles are conducted every Saturday afternoon throughout the winter and a hockey section which has been recently started has proved to be a popular success.

EXERCISES FOR LITTLE ARMS AND LEGS.

How to make Baby Strong and Active.

LITTLE children need regular exercise as much if not more than older persons, because daily exercise not only brings them health but means the strengthening and developing of muscles that make for future beauty. The physical benefit and personal attractiveness secured by simple free-hand training is, if properly done, a part of the upbringing that every mother should recognise and insist upon her children having with regularity either in the morning or at night—at least this is the opinion of an expert physical culture teacher who works constantly with children.

"Too many parents neglect this necessary training of young children," she says, "because they think the little folk get enough exercise by playing games, running, etc., and do not need gymnasium work for either health or development. But this idea is a mistake, for only certain sets of muscles are used in running, playing ball or any of the other active games, and the sinews in the chest and back, as well as in the arms and legs, need attention to round out the figure and give strength that is constantly used in everyday work. It should be remembered by mothers that when certain muscles are overtrained and others are practically useless the result is almost bound to be badly proportioned bodies that are a detriment to the children when they grow up.

"One of the best exercises for strengthening the organs of digestion and incidentally for developing muscles in the back, legs, and arms that will almost force young boys and girls to walk erect and to take good sitting postures, is done by lying flat on the floor, placing the hands above the head on the round of a chair that has been weighted down so it will be stationary, and then draw the feet up until the heels touch the hips or as near as is possible.

"Count four while moving the feet from the original lying position to the final posture with the feet against the hips, and then to the same number of counts assume the flat lying position by slowly pushing the feet downward from the hips.

"Repeat this four or five times for the first week, until the muscles become accustomed to the strain, and then double the number of exercises. Always be careful that little ones do not overwork, for their tendency is usually to do more than their strength can stand, and as a result they strain the muscles and feel sore for several days.

"Another balance and developing exercise that children enjoy doing is to stand erect, place both hands, with the fingers touching at the nape of the neck, with the arms held so that they form a straight line from elbow to elbow. In this posture, one that is easy to assume but difficult to hold for any length of time, the right foot—toe pointing upward—should be slowly raised until about half the distance from the floor to the hip. Then bend the knee and bring the bent leg as close to the body as possible without removing the hands from the back of the neck.

"Do not hurry with this exercise. Count four for the time of moving from the floor up and four more with the knee bent, then to the same number of counts lower the knee, and to a count of four place the foot on the floor in the original position. This done with alternate feet two or three times is excellent for the muscles of the back, and for those of the chest and between the shoulders.

"An exercise that all children enjoy doing because it is difficult and like a 'stunt,' is taken by flinging or bending the right knee slightly and at the same time holding the left leg out straight in front several inches from the floor and then slowly, to the count of eight, take

a stooping posture, lowering the body as close to the floor as the muscles will permit. For balance, keep the hands on the hips or at the nape of the neck, the finger tips lightly touching. This must be done alternately, first with the right leg and then with the left. It is excellent for balancing and poise of the body.

"A fourth exercise that fits in with the other three and makes for suppleness and grace is the so-called swimming exercise. It is taken by first assuming an erect pose of the body, heels together, head well up, with eyes straight to the front. The hands are then raised to the chest line, palms down, with finger tips touching. Count one, then two, at the same time the hands must be stretched out in front on a straight line from the chest. At three the palms are turned outward, while the hands are thrown as far out on either side as they will stretch. At the count of four, the hands must be in the original position ready to do the exercise over again. This may be taken six or eight times after the first trial and increased as the muscles develop.

"For small children romper suits, that are so much worn now, will be excellent for this gymnasium work, because in them the arms and legs, as well as the muscles in chest and back, are given free play."

PRESENCE OF MIND AND HEALTH.

A DIPLOMATIST once declared that among all the remarkable men with whom he had been acquainted, he never knew more than one or two who had presence of mind. We would not question this assertion if we realised the essential qualities which "presence of mind" implies. Panic is the temporary suspension or paralysis of the reasoning faculties and the judgment. Pan, being once in command of an army, according to Greek mythology, and encompassed by a superior force, ordered his men to raise a general shout in the night, which so surprised the enemy that they fled from camp, "whence it came that all sudden fears impressed upon men's spirits without any just reason were called by the Greeks 'Panick terrors.'" Presence of mind is the maintenance of judgment under circumstances of emergency which call for immediate action. That the faculty of doing the right thing at the right moment may be called constitutional courage, is shown by its occasional manifestation by those in whom the latter quality is largely tempered with discretion. The truest courage is always mixed with circumspection, the courage which grows simply from constitution often forsakes us just at the moment when we have occasion for it.

NAPOLEON REFERS TO THIS DISTINCTION when he says, "I have very rarely met with the two-o'clock in the morning courage. I mean unprepared courage: that which is necessary on an unexpected occasion, and which, in spite of the most unforeseen events, leaves full freedom of judgment and decision."

Presence of mind illuminates a catastrophe or a panic. The phrases, "having your wits about you" and "not losing your head," are the ordinary vernacular equivalents for presence of mind. There is an old tradition which recounts how when William the Conqueror landed for the first time on English soil he slipped and fell on his face. Divining by some swift intuition that his followers might regard this as an ill omen, he rose with each hand full of earth, and exclaimed, "Thus do I take possession of England; I grasp it with both hands." To this readiness the quality of wit can hardly be denied; and it may also be regarded as one of the typical instances of presence of mind.

As a final word it may be said that presence of mind depends on training for emergencies, on acquired courage, on a good circulation of the blood in the brain, and on good health. It sometimes happens that an invalid has great presence of mind in a moment of danger. It probably comes from an uprush of the subliminal self which may have greater power than the self we know. It probably knows no fear, and how to act on most occasions. Some forms of invalidism bring the subliminal self to the front, and then we have exhibitions of power of a remarkable kind.

A Model for Youthful Aspirants

ANSWERS TO CORRESPONDENTS.

At the request of a large number of readers, the Editor has decided to renew this feature of the magazine. All questions will be answered as soon as possible, but readers must remember that, owing to exigencies of printing, an immediate reply cannot always be assured.—The Editor.

Milk and Fruit—Amount of Sleep Necessary—Boils and Pimples—Pain in Side—Appendicitis—Chronic Constipation—Sprained Arm—Bicycle Riding—Nervous Sensations in Back and Limbs.

L. B. (Belfast): "1. Should milk and fruit be eaten at the same meal? 2. Is ten hours too much sleep for a healthy adult? 3. Should not one sleep as long as one is sleepy? 4. What causes boils and pimples on persons who eat no meat and try to live hygienically? 5. What causes a dull constant pain in the right side, a little above and in front of the hip? 6. Is it from the liver? 7. Give remedy. 8. What causes appendicitis? 9. How may it be avoided? 10. What will cure chronic constipation? 11. What will relieve an arm that was sprained six months ago from overuse? It can be used, but tires quickly. 12. A healthy woman (aged thirty-nine) rides a bicycle seven miles in the morning and seven miles at night on three consecutive days in the week. Works through the day at light sitting occupation. Feels very tired at night but appears to suffer no bad effects. Is there any danger from over-exertion? 13. An old lady suffers from nervous feeling in the lower part of the back, extending into the limbs, mostly in the evening and at night. Cold applications sometimes give relief. Can you suggest any other treatment?

Answer.—1. There is no necessary antagonism if both milk and fruit are thoroughly chewed. If eaten raw, the fruit should be thoroughly ripe. Extreme care must be taken to avoid swallowing any portion which is not reduced to a liquid state.

2. Eight hours is generally sufficient. Some temperaments require more, a few less.

3. There are some conditions of the body in which drowsiness is a prominent symptom. After a proper amount of sleep has been obtained it is better to arouse the system by a cold bath and vigorous exercise in the cold air. Drowsiness which appears after eating should be resolutely resisted. It is due to the withdrawal of a considerable amount of blood from the brain, the result of the stimulation of the food. By exercise the heart's action is increased, and the brain will be supplied with blood sufficient to maintain its activity. Activity of the brain is conducive to digestion, whereas the inactivity of sleep invites indigestion. The only exception to this rule occurs in cases of hyperpepsia, in which activity of the brain or body increases gastric activity, hence increasing the amount of acid formed and the discomfort arising therefrom.

4. Low vital resistance, impoverished state of the blood, and inactive and unhealthy skin.

5. Possibly a movable kidney.

6. Probably not.

7. Apply at night a fomentation, followed by a heating compress to be worn during the night.

8. Overeating, hasty eating, insufficient mastication of food, indigestible food, flesh eating, use of alcoholic beverages, tea, coffee, tobacco, and everyting which induces indigestion. Special causes: constipation, sedentary habits, general lowering of vital resistance from any cause whatever, and blows or other injuries in the region of the appendix, the use of condiments, mustard, pepper, pepper sauce, also the frequent use of blue pills, blue mass, saline laxatives, and laxative mineral waters.

9. Avoid the causes.

10. Exercise the abdominal muscles.

11. Apply fomentation morning and night, and wear heating compress covered with mackintosh and flannel during the interval.

12. No, not unless too great exertion is made in rapid riding or riding uphill.

13. There is nothing better than the cold application. Rubbing with cold water followed by a heating compress, are the best methods. A short fomentation followed by a heating compress or cold rubbing, and alternate hot and cold compresses, or alternate sponging, are also to be recommended.

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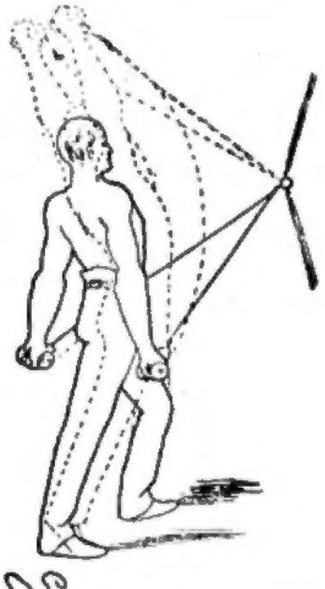

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